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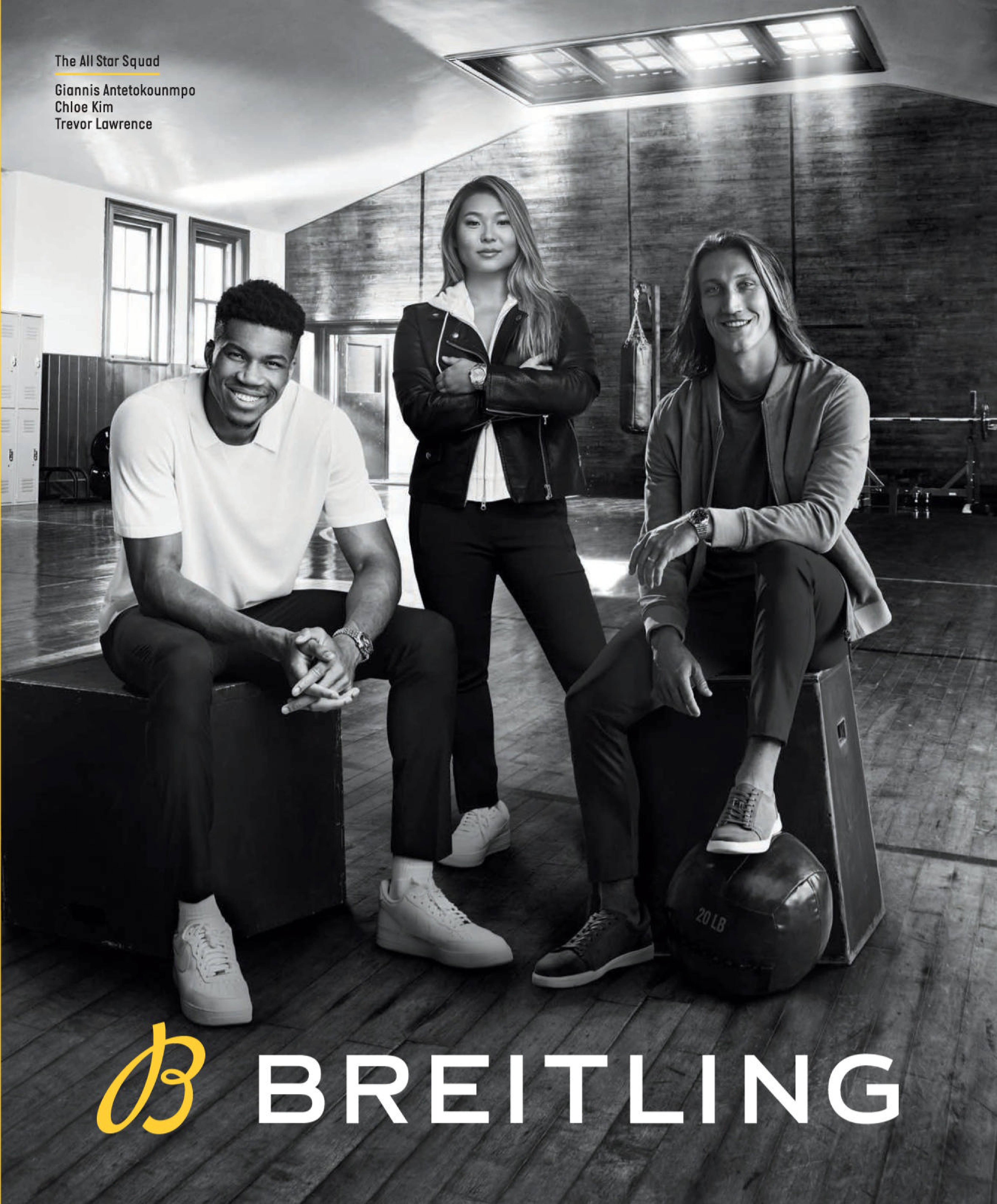

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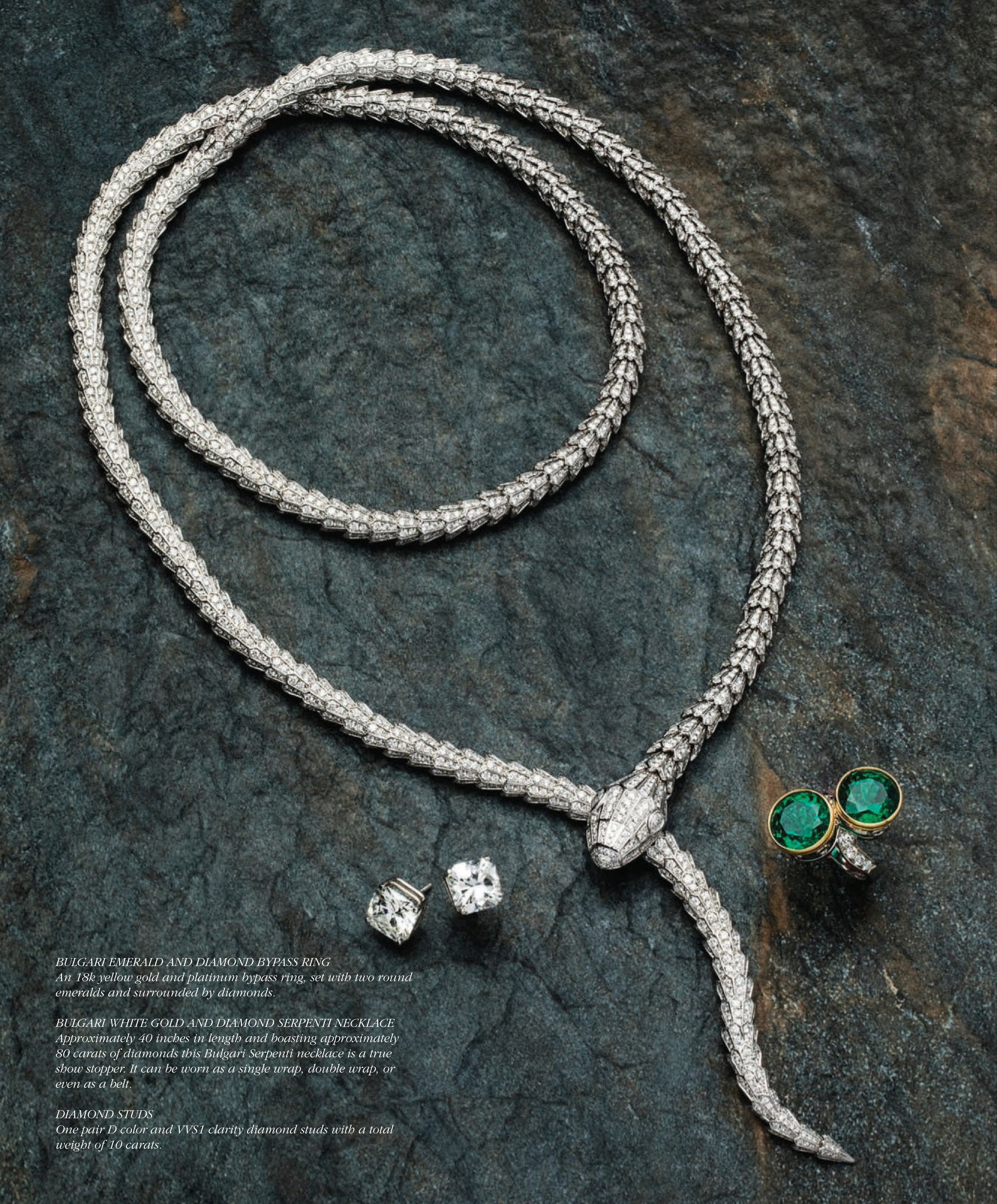

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All clothing and accessories from the Gucci Spring/Summer 2023 collection, Gucci, Worth Avenue, Palm Beach, *gucci.com*

OLIVIA GRAHAM

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GYORGY PAPP

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FROM THE EDITOR

CAPEHART

THIS IS HAPPY

Anyone fortunate enough to know Lilly Pulitzer when she was living can appreciate the enormous legacy of color and happiness with which she endowed Palm Beach. Her ready laugh and authentically carefree spirit inspired generations of Palm Beachers who came after her. (Who among us doesn't default to her style when wondering how to dress for a casual party?)

First and foremost among Lilly's standard-bearers is her family, who embody the sunny disposition and laid-back island vibes they inherited—and gleefully spread the pink-and-green gospel. Case in point: Lilly's granddaughter, Lilly Leas Ferreira, has recently released *Life and Lilly*, a children's book that celebrates life in a small town (a.k.a. Palm Beach) via a protagonist named Little Lilly (a.k.a. Ferreira). You might guess the adventure includes island landmarks and a great big party—at Big Lilly's house, of course. This month, Ferreira brings the book to life with a "mommy and me" party at the home of her aunt, Liza Pulitzer. Join the fun by turning to "A Palm Beach Love Letter" on page 90.

In this issue we also focus on health and well-being, which are so fundamental to happiness. Starting with Ivey Leidy's column, "Living with Ivey" (page 64), we highlight important health topics and ways to upgrade your wellness game. This month, Ivey discusses food as fuel and tells us how to eat for sustained energy. Come for the recipes (avocado-apple cider deviled eggs!), stay for the nutrition schooling.

Then, move on to our gift guide for the health-conscious. "The Gifted Class" on page 98 features have-to-have wellness products for every active personality. You know you need a smart jump rope and a sauna blanket in your life. For more tips on living your best life, turn to our Balance section, starting on page 213. You'll find everything from stretching tips to ways to understand your metabolism, as well as aesthetics guru Tammy Fender's insightful column on self-care and inner peace.

As we wind down the social season and prepare for an active summer, these are all good reminders. Wishing you a joyful April!

Daph

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EDITOR'S NOTEBOOK

SANTAL PAO ROSA
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GOOD SCENTS
Guerlain at The Breakers has long been a jewel box of a space, but the store's redesign has us swooning over the scent bar, where we can create a personalized, engraved bottle. Page 55.

HOPPITY HOP
There's a cocktail for every occasion, including Easter. See Jules Aron's recipe for the carrot-forward "Runny Babbit" (it's good for you!) on page 184.

GYORGY PAPP

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An Innovative Approach to Minimally Invasive Heart Surgery

Joe Santoro had been dealing with mitral valve disease for almost a decade when his cardiologist told him his new symptoms were caused by an additional heart condition — atrial fibrillation. After his doctor advised him to undergo a procedure to treat the valve disease, Joe, a first-grade teacher and musician, decided to get a second opinion. He chose Cleveland Clinic Florida, where he met with **Jose L. Navia, MD, Director of the Cleveland Clinic Florida Heart, Vascular and Thoracic Institute and Minimally Invasive Valve Program**. "I left my appointment with Dr. Navia knowing I had more options," Joe says. He chose a robotically-assisted approach to his mitral valve repair surgery because it was less invasive than traditional open-heart surgery. "A robotically-assisted approach for valve repair surgery is the ultimate new use for technology," Dr. Navia says. "This approach provides the patient with a better option to have a durable repair or replacement of the valve." Philanthropic support allows Dr. Navia, holder of the S. Donald Sussman Distinguished Chair in Heart and Vascular Research, to pursue minimally invasive procedures that will benefit cardiovascular patients in South Florida and beyond. Three weeks after Joe's surgery he was back to normal activities. His band played a gig — and he played right along with them.

THE RESISTA

> "I was jumping around, playing guitar and singing three weeks post heart surgery. It was amazing how fast I recovered."
>
> — JOE SANTORO

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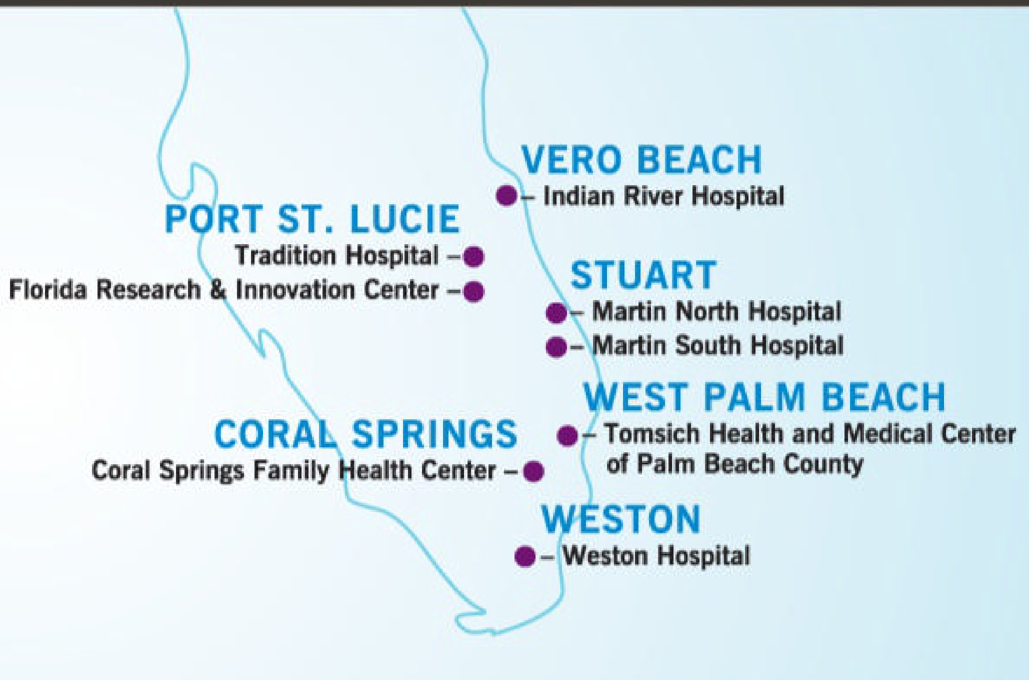
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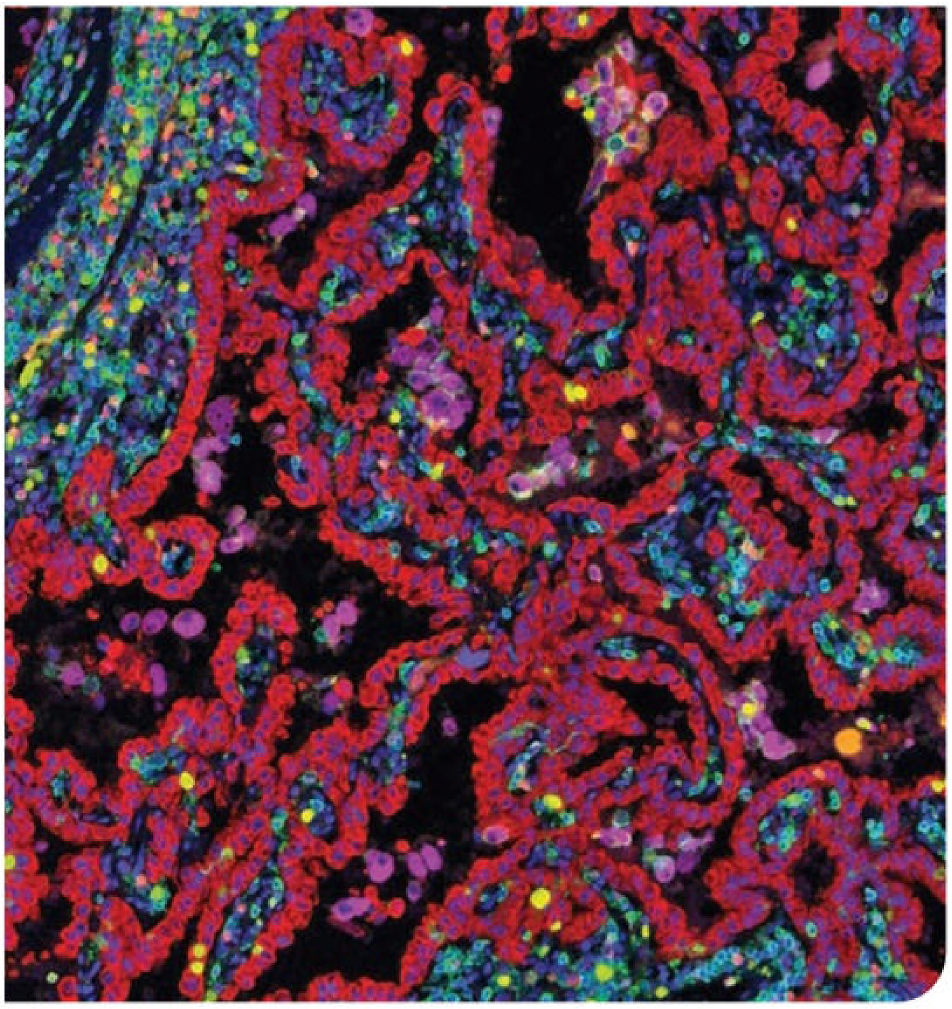

Bringing Novel Immunotherapy Cancer Treatments to Florida

Houssein Abdul Sater, MD, Regional Research Director of the Cleveland Clinic Florida Cancer Institute, is a crusader in the fight against cancer. An immunotherapy clinical trialist and immune microenvironment expert formerly with the National Institutes of Health (NIH), he has worked tirelessly to assemble the research structure at Cleveland Clinic Florida necessary to offer Florida residents access to novel immunotherapies for cancer. Since joining the Robert and Carol Weissman Cancer Center at Cleveland Clinic Martin Health in 2021, Dr. Sater and his research team launched a clinical trial for early stage (II to IIIA) non-small cell lung cancer (NSCLC). The NeoCOAST-2 study is treating patients using novel immunotherapy combinations with demonstrated efficacy in locally advanced diseases. "Last May, our team at Martin Health enrolled the first patient in the world in the trial," says Dr. Sater. This year, philanthropic funding is needed to grow the research team to the size that will allow the program to conduct several studies at one time.

Targeting Breast Cancer with Radiation Technology

Barbara Weise was diagnosed with stage I breast cancer in March 2022. Because of her age and the small size of her tumor, the 55-year old Vero Beach, Florida resident learned she was an ideal candidate for intraoperative radiation therapy (IORT), an advanced, single-dose radiation treatment option. Thanks to generous philanthropic support from local donors, Cleveland Clinic Indian River Hospital acquired the new radiation technology. A few weeks after her diagnosis, Barbara became the first patient at the Scully-Welsh Cancer Center to benefit from IORT. "It is ideal for select breast cancer patients with small, hormone receptor-positive tumors," says breast surgeon **Eleni Anastasia Tousimis, MD, Director of the Scully-Welsh Cancer Center**. Unlike traditional radiation therapy, which treats the whole breast and is delivered daily over the course of 4 to 6 weeks, single-dose IORT is very targeted, with fewer side effects. Local donor support is instrumental in bringing advanced technologies like IORT to the communities Cleveland Clinic serves.

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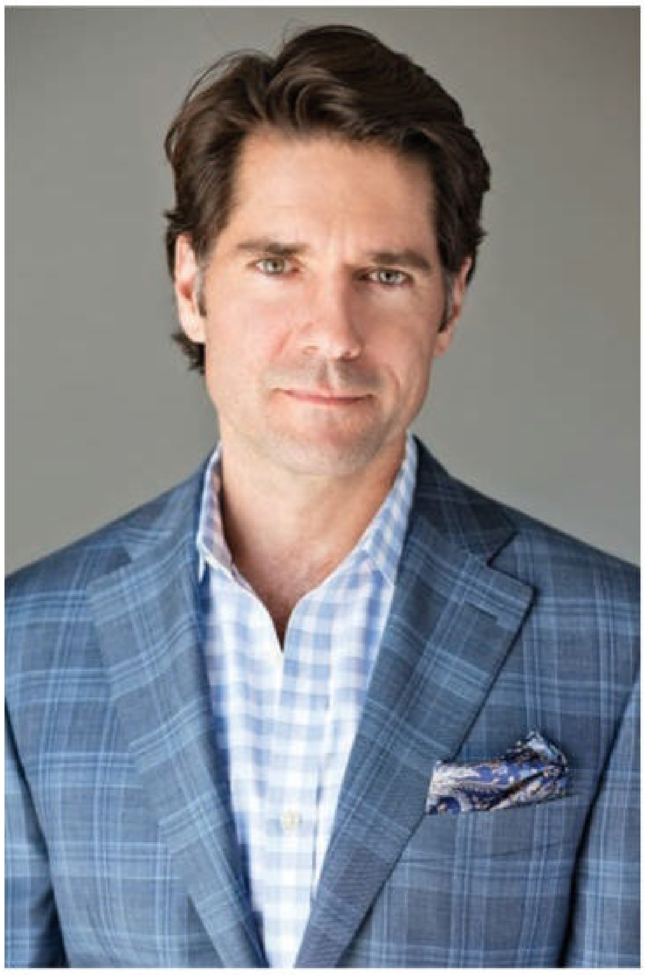

LILA PHOTO

At one time, the April issue of *Palm Beach Illustrated* served as a signal flare to locals that it was time to wrap up the events, gatherings, and leisure activities of our seasonal paradise. Ah, what a difference a few years make. Now with our annual Physician Profiles section, this resource edition has grown to be one of our most anticipated and largest issues of the year. It is also evidence that the Palm Beaches continue to evolve as a year-round home for so many. The signal flare is now a beacon for healthy living.

April also wraps up the winter equestrian season in the Palm Beaches. At the National Polo Center – Wellington, the U.S. Open Polo Championship is in full swing, with more than a dozen teams competing for the top prize. After the tournament handicap level was adjusted from 26 to 22 in 2019, the annual competition has seen a two-fold increase in the number of team entries. The U.S. Polo Association's addition of significant prize money that same year provided financial incentive for new teams to participate, too. In 2022 all-pro team La Elina landed in the final versus perennial powerhouse Pilot. While team captain Jared Zenni and three Obregon brothers fell short in their quest, they set the stage for additional all-pro teams to enter the fray in 2023.

I caught up with the La Elina team at a recent practice to talk about the evolution of the tournament. Zenni, Jeff Hall, Matt Coppola, Nico Escobar, and coach Tommy Biddle recounted the challenges and rewards in the emerging landscape. Using relationships in the polo community and private funding, La Elina has tapped into the resources needed to support the significant costs associated with fielding a team. This development has turned these full-time professional athletes into business innovators.

As an avid polo fan, I will be tracking La Elina's progress along with the other all-pro contenders. *Palm Beach Illustrated* has been a longtime promoter of polo and the players who go all in for their sport, so we encourage this expansion of team opportunities at all levels.

See you at the fields,

Terry

Terry Duffy
tduffy@palmbeachmedia.com

DAVID LOMINSKA/POLOGRAPHICS

From left: Jeff Hall for La Elina; Matt Coppola, Nico Escobar, Tommy Biddle, Jeff Hall, and Jared Zenni.

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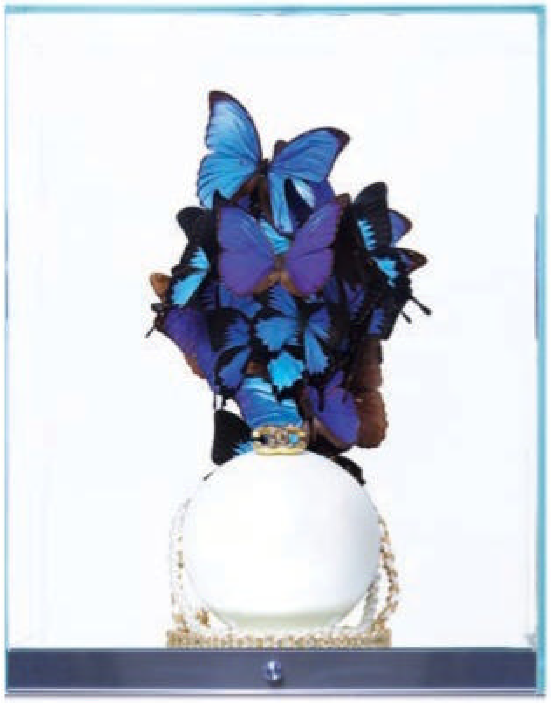
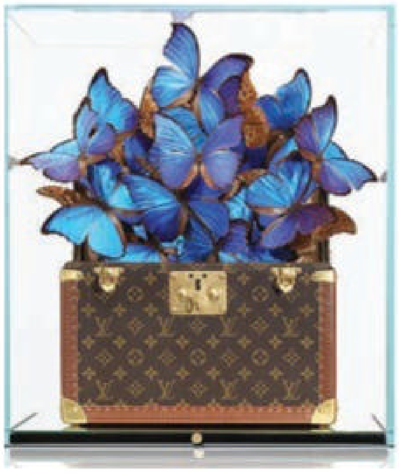


View works such as Roman Feral's *Chanel White Pearl Azur II* (left) and *Louis Vuitton Azur V* (below) at Rosenbaum Contemporary's Worth Avenue gallery.



Gallery Hop

A familiar face has landed on Worth Avenue. Boca Raton–based **Rosenbaum Contemporary** recently opened the doors to its second gallery space, showcasing a curated selection of works by artists popular with Palm Beach clientele. One such creative is Roman Feral, whose whimsical works seamlessly fuse high fashion and natural wonder. Get a peek before your visit at *palmbeachillustrated.com/rosenbaumpalmbeach*.

Bread WINNER

LAST MONTH, THE **BUCCAN SANDWICH SHOP** CROSSED THE INTRACOASTAL AND BEGAN DISHING OUT MADE-TO-ORDER, GRAB-AND-GO GOODNESS AT GRATO, CHEF CLAY CONLEY'S WEST PALM BEACH EATERY IN THE FLAMINGO PARK NEIGHBORHOOD. PATRONS CAN SIDLE UP TO THE WALK-UP WINDOW FOR A LUNCHTIME FEAST OF HOT AND COLD SANDWICHES, SALADS, AND HOUSE-MADE CHIPS AND COOKIES. CHECK OUT THE RESTO'S MENU STANDOUTS AND MORE AT *PALMBEACH ILLUSTRATED.COM/ BUCCANSANDWICHWPB.*

SANDWICH SHOP

The Buccan Sandwich Shop menu is now available for lunch take-out in West Palm Beach.

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Thanks to Baptist Health Foundation's donors, these dedicated nurses get the support they need to do their lifesaving work. Nearly $2 million in philanthropic gifts have funded a range of NICU projects, from a comprehensive renovation of the department to state-of-the-art equipment like Giraffe Omnibed incubators, monitoring systems, cooling blankets and more.

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WINTER SEASON SOIREE

WHO: Hope for Depression Research Foundation **WHAT:** Palm Beach Junior Committee Kickoff Soiree and Committee Dinner **WHERE:** Tricia Quick's residence, Palm Beach; Le Bilboquet, Palm Beach **HIGHLIGHTS:** Race Committee and Junior Committee members mingled among pops of bright yellow as they kicked off HDRF's Fifth Annual Race of Hope.

KATHERINE LANDE, KEVIN CONDON

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GEORGINA BLOOMBERG, ALEX HAMER

NICOLA MARCUS, MARTIN GRUSS

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HONORING BLACK HISTORY MONTH

WHO: Historical Society of Palm Beach County
WHAT: Black History Month exhibition opening reception
WHERE: Richard and Pat Johnson Palm Beach County History Museum, West Palm Beach **HIGHLIGHTS:** Guests got an exclusive peek at "Famous Firsts: Celebrating the Achievements of Black Female Attorneys in Palm Beach County,"which honored the first Black women in the county's legal community.

ESTENA WILLIAMS, MARIE WILLIAMS

LAWONDA WARREN, LYNN WHITFIELD

WHITNEY POWELL, SALESIA SMITH-GORDON, DESTINIE BAKER SUTTON

CHAN BRYANT ABNEY, LOVIE ROSS SCOTT

KALINTHIA DILLARD, ANN MARIE SORRELL

AVA PARKER, CHAN BRYANT ABNEY

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TIME IS OF THE ESSENCE

WHO: H.O.W. Hearing the Ovarian Cancer Whisper **WHAT:** Twenty-First Annual Time is of the Essence Luncheon **WHERE:** The Mar-a-Lago Club, Palm Beach **HIGHLIGHTS:** Members of the medical community and the organization's supporters enjoyed a talk by guest speaker and six-time Emmy and Tony nominee Tovah Feldshuh and a tribute to honoree Dr. Robert C. Knapp, a pioneer in ovarian cancer research.

ROBERT WENHAM, MITCHEL HOFFMAN

ANDREA STARK, HELENE KAYE KAPLAN

ROBERT C. KNAPP, ROBERT C. BAST

HEATHER HENRY, JUDY PIZZAGALLI

JENNIFER MCGRATH, TOVAH FELDSHUH

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ANNUAL PRE-GALA EVENING

WHO: Boys & Girls Clubs of Palm Beach County **WHAT:** Winter Ball Receptions **WHERE:** Findlay Galleries and Renato's, Palm Beach **HIGHLIGHTS:** Stunning works of art and a festive evening at Renato's set the scene for the organization's annual gala receptions, which support the clubs' mission to provide award-winning developmental programs to more than 10,000 local children.

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MARY AND MARK FREITAS

KATE ARRIZZA, ALEXANDRA LOCKWOOD

OUT OF THIS WORLD FETE

WHO: Cox Science Center and Aquarium **WHAT:** "Golden Eye: Revealing the Hidden Universe" Gala **WHERE:** Cox Science Center and Aquarium, West Palm Beach **HIGHLIGHTS:** More than 500 attendees previewed the stellar findings from the James Webb Space Telescope and enjoyed a keynote address and Q&A session with NASA scientist Dr. Alexandra Lockwood.

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KRISTIN AND DIEGO URRUTIA

HAPPY ANNIVERSARY, CAFÉ BOULUD!

WHO: Café Boulud Palm Beach **WHAT:** "One Night in Rio" Twentieth Anniversary Celebration **WHERE:** Café Boulud, The Brazilian Court Hotel, Palm Beach **HIGHLIGHTS:** Partygoers toasted Michelin-starred chef Daniel Boulud while sipping on Laurent-Perrier, Rémy Martin, and Whispering Angel, and sampling bites from former executive chefs Rick Mace and Zach Bell, and current executive chef, Dieter Samijn.

DAVID SABIN, KATHERINE BOULUD, SUSAN MAGRINO, PIPER QUINN

ADAM SCHLESINGER, ALI GOLER, DANIEL BOULUD, RICHARD AND YANA SCHLESINGER, COURTNEY DAVIS SCHLESINGER AND BOBBY SCHLESINGER

AMANDA DOERING, ASHLEY KOZICH

ASHLEY GLASS, MICHELLE BACON

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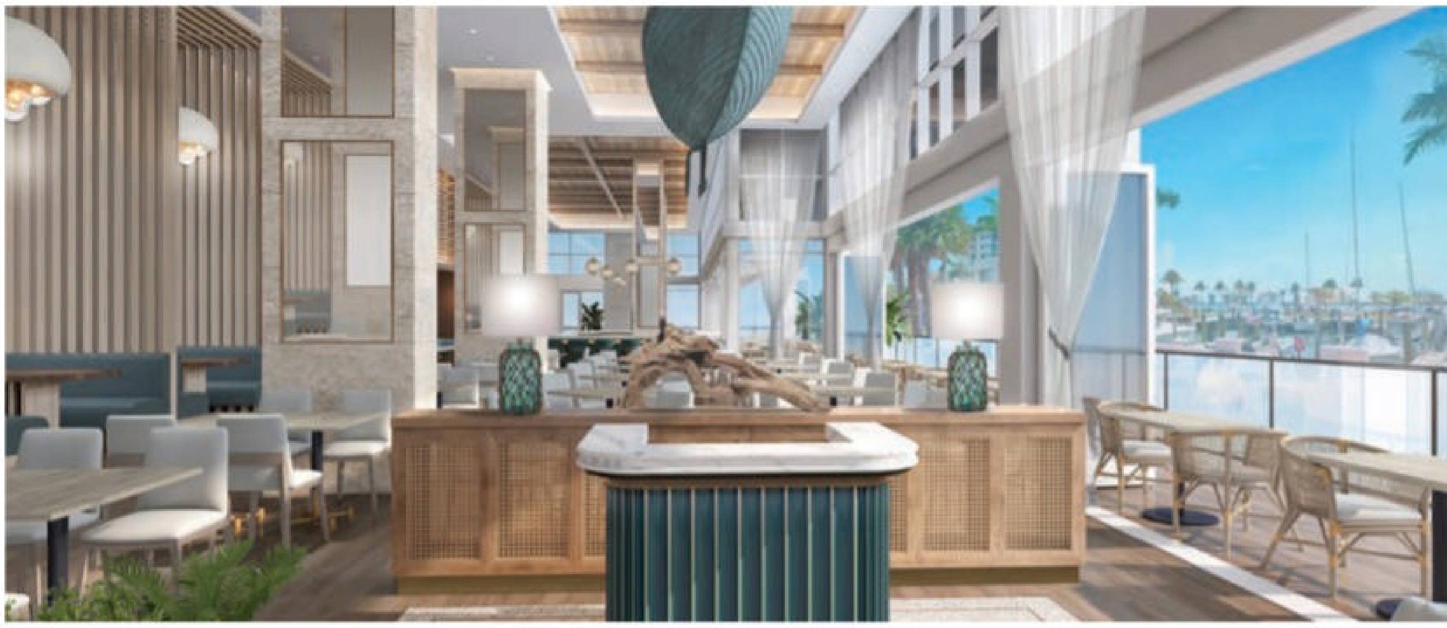

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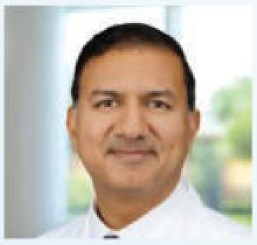
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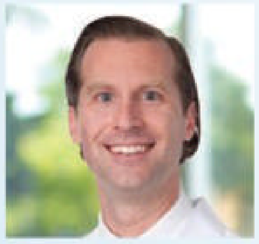
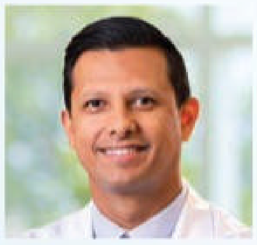
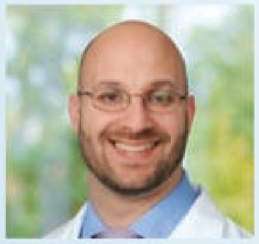
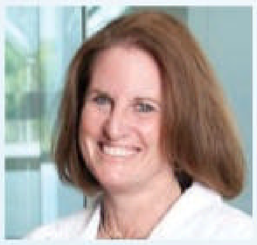
Cardiology

Quanecia Beasley, DO
Hospitalist Medicine


Julian K. Berrocal, MD
Surgical Oncology


Shanel Bhagwandin, DO
Surgical Oncology


Gary Bradley, DO
Primary Care


Debra Schwab Brandt, DO
Medical Oncology

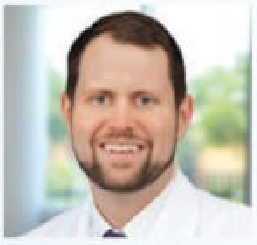
Meshach P. Cober, MD
General Surgery

Nichole Corry, MD
Concierge Medicine

Chris Darcey, MD
Hospitalist Medicine

Richard Dube, MD
Primary Care

Kenneth J. Fuquay, MD
Pulmonology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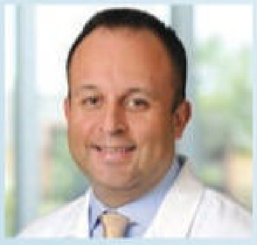
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Arthur Katz, MD
Cardiac Surgery

Adam Kotkiewicz, DO
Medical Oncology

Kathie Kowalchuk, MD
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K. Adam Lee, MD
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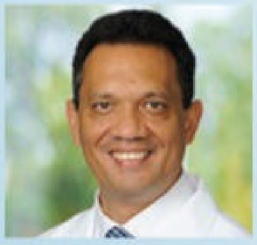
Peter Lyn, MD
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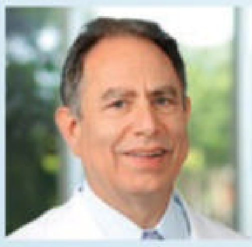
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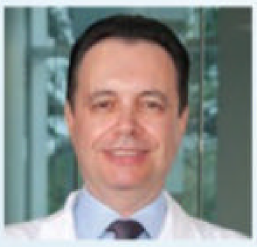
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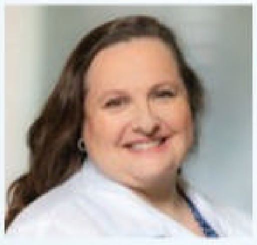
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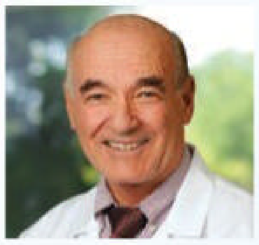
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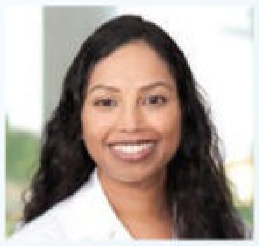
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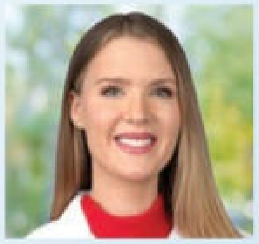
Skirmante Sirvaitis, MD
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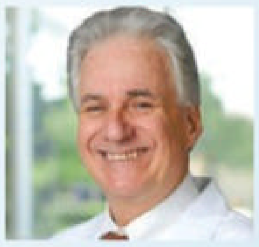
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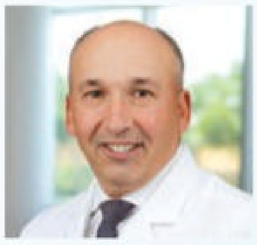
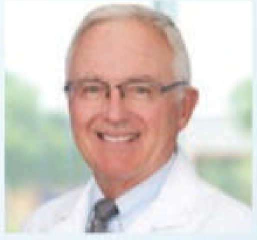
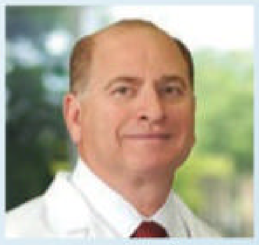

Craig D. Vogel, DO
Cardiology


William Wunder, MD
Primary Care

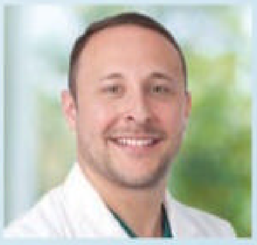

Ronald Zelnick, MD
General Surgery

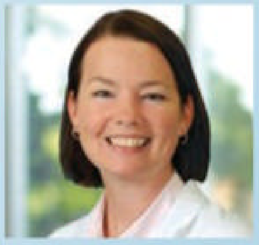
Olga Bartov, APRN
Medical Oncology

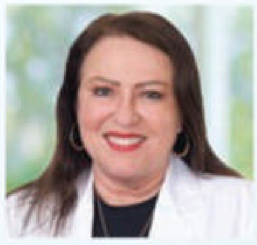
Jennie Brooks, MS, PA-C
Hospitalist Medicine

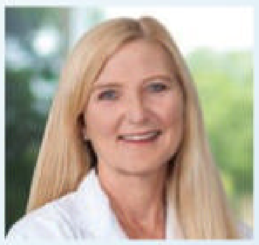
Lara Brown, APRN
Surgical Oncology

Natalie Fix, APRN
Surgical Oncology


Alex C. Gonzalez, PA
Cardiology


Hillary Morris, APRN
Primary Care


Debra L. Powers, APRN
Pediatric Surgery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COURTESY OF THE BREAKERS

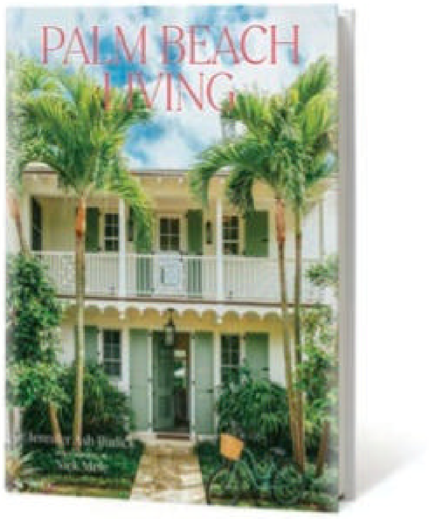
Style Your Scent

No matter how many times you've visited The Breakers Palm Beach, there's always something new to enjoy. Currently, it's the redesigned **Guerlain** boutique, a refreshing update to a partnership 25 years strong. The local presence of the esteemed French beauty brand (which has only a few stateside storefronts) presents a special opportunity to island shoppers. While you can't customize a fragrance—leave scenting up to Thierry Wasser, Guerlain's master perfumer—you can select your fave from the in-store L'Art and La Matière collection and then make the bottle your own, choosing the cap plate, cord, and seal and adding an engraving. The resulting flacon makes a perfect gift for him or her (Guerlain scents are genderless), though you may be tempted to keep the elegant bee-bedazzled bottle for yourself. Bees have been the emblem of the house since Eugénie de Montjo wore Guerlain Impériale for her wedding to Napoleon III in 1853; an iconic portrait of the emperor shows him in a robe embroidered with golden bees, his preferred insignia. *(thebreakers.com) —Skye Sherman*

SANTAL PAO ROSA
GUERLAIN
PARIS

COURTESY OF GUERLAIN

***Palm Beach Living*, a new book by Jennifer Ash Rudick, showcases images by Nick Mele.**



Welcome HOME

Discover the range of island architecture and lifestyles in ***Palm Beach Living*** (Vendome, $85), a new book by Jennifer Ash Rudick, featuring images by Nick Mele. The tome reveals the gardens, bungalows, apartments, and estates that have shaped design trends on the island in recent years, showcasing how current inhabitants interact with the historic architecture of Maurice Fatio, John Volk, and others. *(vendomepress.com) —Mary Murray*

NICK MELE FOR PALM BEACH LIVING

BREWING JOB SKILLS

The Boca Raton–based **Unicorn Children's Foundation** is dedicated to "creating cradle-to-career pathways for kids and young adults with developmental differences and helping their families navigate the complex journey." Under that banner, the organization opened the Special Percs Café at the Unicorn Connection Center (located at 99 S.E. Mizner Boulevard Suite 120 in Boca Raton) to make a dent in one unfortunate statistic: 86 percent of individuals with a disability are unemployed or underemployed, despite their willingness and ability to work. By offering a barista training certification course—the hospitality industry's standard—and the opportunity to use the skills in a friendly setting, the organization paves the way to meaningful employment options. The café is currently open the last Wednesday of each month from 5:30 to 7:30 p.m. and has a mobile coffee cart available for pop-up events throughout the community. *(unicornchildrensfoundation.org) —S.S.*

WWW.UNICORNCHILDRENSFOUNDATION.ORG
Special Percs Cafe

HAPPENINGS

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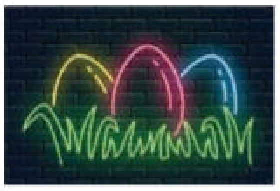

GLOW IN THE DARK: Both the City of Palm Beach Gardens and the Town of Jupiter will host glow-in-the-dark hunts in 2023. The Gardens event will take place March 31 at Gardens Park from 6 to 9 p.m., complete with separate fields for different age groups as well as games, food vendors, and a dance party. On April 7, head to the Jupiter Community Center for a hunt divided into two age groups: 7 to 10 and 11 to 14. Pre-registration is required, and the cost to participate is $10 per resident and $15 per non-resident. *(pbgfl.com; jupiter.fl.us)*

Flashlight: In addition to a traditional egg hunt for children 7 and younger April 8, the Village of North Palm Beach will host a late-night Flashlight Egg Hunt at Anchorage Park April 7 beginning at around 8:15 p.m. Kids 8 and up are invited to participate; bring a flashlight with new batteries and a sack for your spoils. *(village-npb.org) —S.S*

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PROFILE

Kiln' It!

HOW ONE LOCAL ARTISAN TURNED AN INTEREST INTO A CAREER

BY KRYSTIAN VON SPEIDEL

AVENUE△POTTERY

Lani Goodrich's Avenue Pottery specializes in custom commissions, including dishes and tiles.

It began with a kiln. Abandoned and unwanted at Holy Name of Jesus Catholic School, the disassembled kiln was destined for the trash heap until Lani Goodrich salvaged it. She trailered the heavy object to her SoSo bungalow, where it sat for the next eight years. Meanwhile, the West Palm Beach native and former science teacher gave birth to three daughters and pursued a brief career as an art teacher.

Sensing his stay-at-home wife's need for a creative outlet, Goodrich's husband, Wes, reassembled the kiln in a shed he built in their backyard and gifted it to her for Mother's Day. She turned to YouTube for pottery lessons and opened Avenue Pottery in January 2015.

As word spread throughout the neighborhood, Goodrich began hosting classes for local children. Then her sister taught her about Instagram, and Avenue Pottery took off. "Instagram changed my business," says Goodrich. "My whole business runs off Instagram. It's free and amazing and where the majority of my sales originate."

Avenue Pottery's name stems from Goodrich's dream to have a studio on Georgia Avenue. Since then, the moniker has taken on a new meaning. "It's amazing all the different avenues my business has taken me," she says. Clients from around the world have commissioned her to design products, from baptismal cups to sake bowls. Custom commissions also led to one of her bestsellers: "The boob mugs were an accidental huge success," Goodrich says of her popular signature product.

Local restaurants have also reached out to Goodrich to customize stoneware. Avenue Pottery is now used at Aioli, Renato's, Cholo Soy Cocina, Pumphouse Coffee Roasters, and Brick & Barrel, and dishes remain one of her mainstay items. She acknowledges that handmade dishes can be expensive (plates begin at $35), but her simple white designs allow customers to add to their collection as time and budget allows. Almost all orders are custom-made, with buyers able to request names or special dates to be engraved on the bottom of dishes.

JORDAN BAUM

Goodrich's latest venture is handcrafting tiles. "I saw a book about Moroccan tiles and was inspired to try my hand [at making tiles]," she says. Interior designers, including Katherine Shenaman and Stephen Mooney, have put in orders with her to create tiles for client projects. "There's a major tile revolution happening right now. People want unique, one-of-a-kind products for their homes. These tiles are functional art."

Careful to keep an eye on quality, Goodrich says the difficulty of making tiles means that she is limited by her physical ability to churn out product. "I'm trying to grow steadily and organically but not too fast—it's just me," says Goodrich. "It's slow and steady, plodding along." *(avenuepottery.com, @avenuepottery)* «

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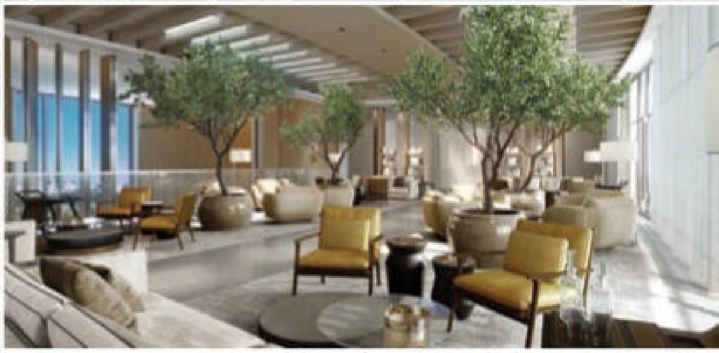

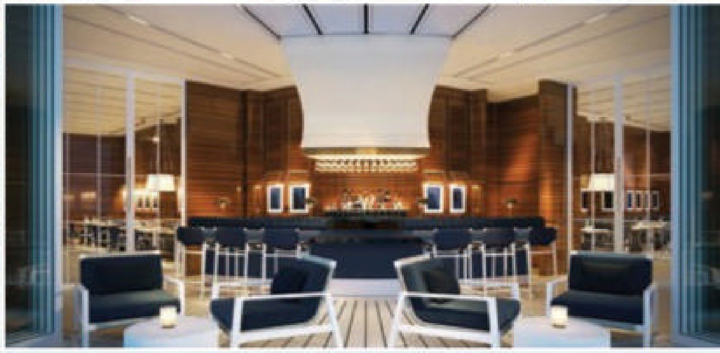

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COURTESY OF TALENTED TEEN CLUB

HEROES

TEENAGE DREAMS

SHAWN HO-HING-KING IS BUILDING SELF-ESTEEM IN PALM BEACH COUNTY'S KIDS, ONE TEEN AT A TIME

BY SAM KERRIGAN

CBS12 NEWS PHOTOGRAPHER BRANSEN DILLON

For nearly two decades, Shawn Ho-Hing-King has been guiding teenagers in Palm Beach County on a path to reach their full potential. Her nonprofit organization, Talented Teen Club, is a mission born out of personal loss.

"I grew up in a household with 14 siblings and I lost my mom when I was 10," Ho-Hing-King says, adding that losing her mother at a young age forced her to grow up quickly. "I really developed the skills of trying to take care of myself." But the experience also opened her eyes to the critical importance of adult support in shaping a child's future.

Ho-Hing-King launched her Talented Teen Club in 2005, catering to students throughout Palm Beach County in public schools and underserved communities through a variety of services. What started as a program with 20 14- to 18-year-old girls each year has now expanded to serve more than 400 teens per year (and more than 17,000 total since the club's inception). Ho-Hing-King's organization provides everything from tutoring services and mentorships to self-care programs to summer camps—plus a store filled with hygiene and personal care products that students can access free of charge.

COURTESY OF TALENTED TEEN CLUB

"I really wanted to make a club to be that support system for families with a loss of a parent," she explains. "Or even if they have both parents … but they can't get the resources they need to thrive."

Ho-Hing-King believes that "if you find your talent, you will find your purpose." To that end, her club serves as a bridge to help young people find their talents early. "I think a lot of us are born with natural talents and abilities," she explains. "If we can tap into those talents and reap those benefits, we will be much happier and blessed individuals."

Talented Teen Club strives to build a strong foundation of self-esteem in its students, helping them to develop confidence at a young age. "With any proper foundation you can build as big of a building as you want," Ho-Hing-King says. "And with your self-esteem as a person, you need the same foundation so you can dream as big as you want and achieve as much as you can dream."

For Ho-Hing-King, her own dream is that one day her Talented Teen Club will spread to cities across the United States. "I'm honored to be a vehicle of change," she says. "I just went with my heart. To see the growth and to see all the different success with our students is an honor, and we're just getting started." *(talentedteenclub.org)* «

> "I THINK A LOT OF US ARE BORN WITH NATURAL TALENTS AND ABILITIES. IF WE CAN TAP INTO THOSE TALENTS AND REAP THOSE BENEFITS, WE WILL BE MUCH HAPPIER AND BLESSED INDIVIDUALS."

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FOOD AS FUEL

THE BEST FOODS TO BOOST ENERGY AND IMPROVE YOUR WORKOUTS

BY IVEY LEIDY

PHOTOGRAPHY BY NATHAN COE

Often when we feel that "afternoon slump," we reach for an energy drink or a protein bar that promises everything from performance boosts to better muscle growth, but many of the quick fixes fall short. Loaded with sugars and chemicals, these products tend to do the opposite of what they claim, leading to a sugar high and subsequent crash. The real key to staying focused and productive throughout the day is to use food as fuel.

The body's main source of energy is glucose, which it gets from carbohydrates. And contrary to what fad diets will have you believe, carbohydrates are not the enemy. Simply choosing the right carbohydrates (foods that release glucose slowly and steadily throughout the body) and good fats and proteins (foods that repair and rebuild tissue and muscle) will provide you with sustained energy.

Ever notice how you feel hungrier and more sluggish after eating a sugary treat or a bowl of pasta? That's because these types of carbohydrates give you that immediate rush of energy (also known as a sugar high). As your body rapidly produces insulin to process these sugars, your blood sugar drops. When it comes to glucose levels rising and falling in a beneficial way, slow and steady wins the race. Read on for more insight into foods that fuel.

BEST SLOW-RELEASE FOODS

» **Nonstarchy vegetables:** Good options include broccoli, cauliflower, spinach, mushrooms, asparagus, kale, artichokes, eggplant, zucchini, peppers, and onions.

» **Low-glycemic fruits:** Although every fruit has a relatively low glycemic index and all are beneficial to your health, there are a few that have higher sugar content and release glucose quicker. Low-glycemic fruits, including strawberries, blueberries, raspberries, cherries, oranges, and apples, will have a slower release and are also higher in antioxidants.

» **Nuts and seeds:** Walnuts, almonds, chia seeds, flaxseeds, hempseeds, and pumpkin seeds are rich in fiber and healthy fats to keep you energized and satiated.

» **Quinoa and oats:** These are rich in nutrients and vitamins like magnesium to support cognitive function and provide slow-releasing energy.

» **Eggs:** Egg yolks contain choline and vitamins B12 and B6 that support energy levels and improve memory and cognition.

» **Avocados:** Healthy fats found in avocados help maintain good blood flow throughout your body, muscles, and brain.

FOODS TO AVOID

Processed foods: Processed foods are loaded with refined carbohydrates and simple sugars that will raise your blood sugar very rapidly and crash it just as quickly.

High-glycemic foods: The higher a food is in processed refined sugars (higher than 50 on the glycemic index), the more insulin your body pumps out to lower your blood sugar, causing it to crash. Avoid foods like pasta, white bread, white rice, pretzels, chips, cookies, and fries.

Sugary drinks: Instead of soda, kombucha, juice, or energy drinks (all of which can contain large amounts of quick-releasing sugar), stick to flat or sparkling water and add a squeeze of citrus.

DEVILED EGGS

PROPS COURTESY OF HIVE HOME, GIFT & GARDEN. CLOTHING COURTESY OF HIVE FOR HER.

INGREDIENTS

6 eggs

1/2 avocado

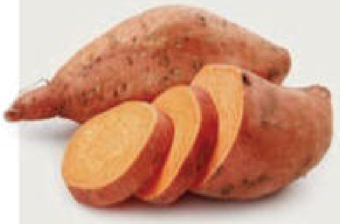
1 tsp. apple cider vinegar

2 tsp. Dijon mustard

Salt, pepper, and smoked paprika to taste

» Add eggs to a lidded pot and fill with enough water to cover. Bring to a boil. Turn off heat and let sit for 10 minutes. Using a slotted spoon, place eggs into a bowl of ice water to cool. Peel and halve the eggs, placing yolks into a mixing bowl. Using a whisk, fork, or hand mixer, combine yolks, avocado, apple cider vinegar, and Dijon mustard. Spoon mixture into halved egg whites. Garnish with salt, pepper, and a dash of smoked paprika.

THIS NOT THAT

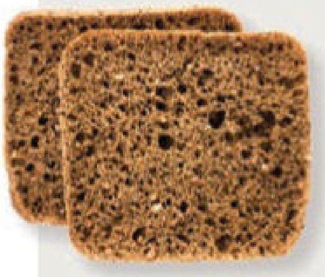


» Sweet potatoes instead of white potatoes

» Berries and apples instead of mango, pineapple, and ripe bananas

» Nuts, seeds, and nut/seed butters instead of chips and protein bars

» Oats and quinoa instead of sugary cereals



» Sprouted grain breads instead of white breads and pastas

OVERNIGHT OATS

INGREDIENTS

1/2 cup sprouted oats

3/4 cup unsweetened milk of your choice (almond, cashew, coconut, hemp)

1 tbsp. chia seeds

1 tbsp. maple syrup

1/2 cup fresh berries

1 tbsp. hempseeds or pumpkin seeds (or nuts of your choice)

» Place oats, milk, chia seeds, and maple syrup in a mason jar and shake or stir to combine. Refrigerate overnight (or for 8 hours). Serve with fresh berries and a sprinkle of hempseeds, pumpkin seeds, or nuts.

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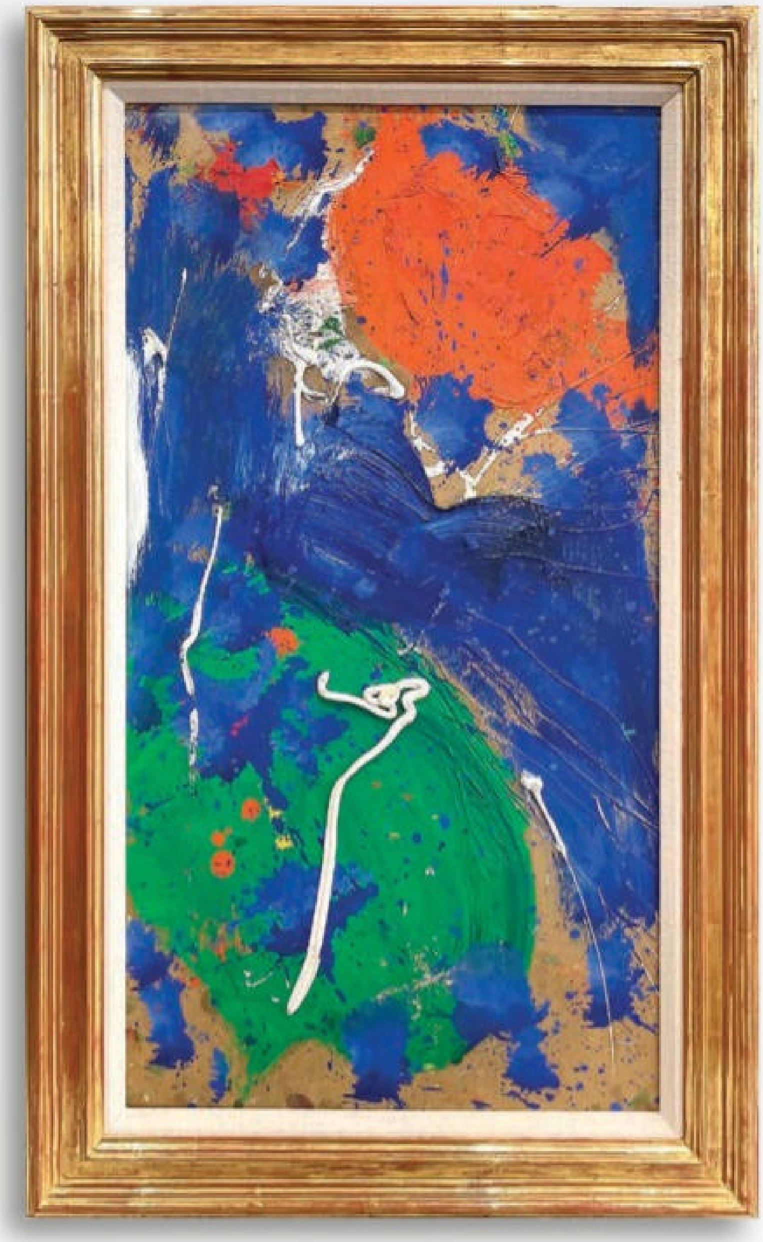

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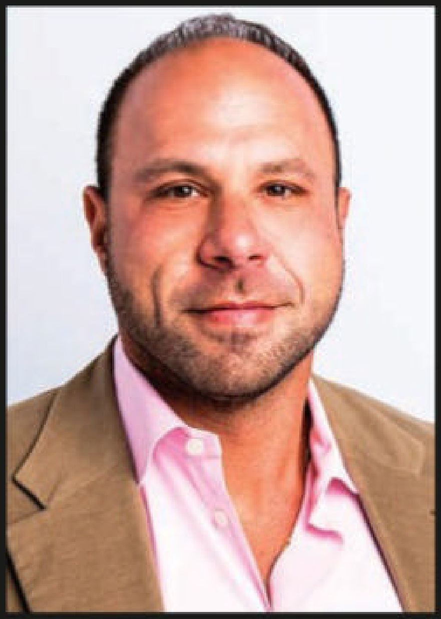

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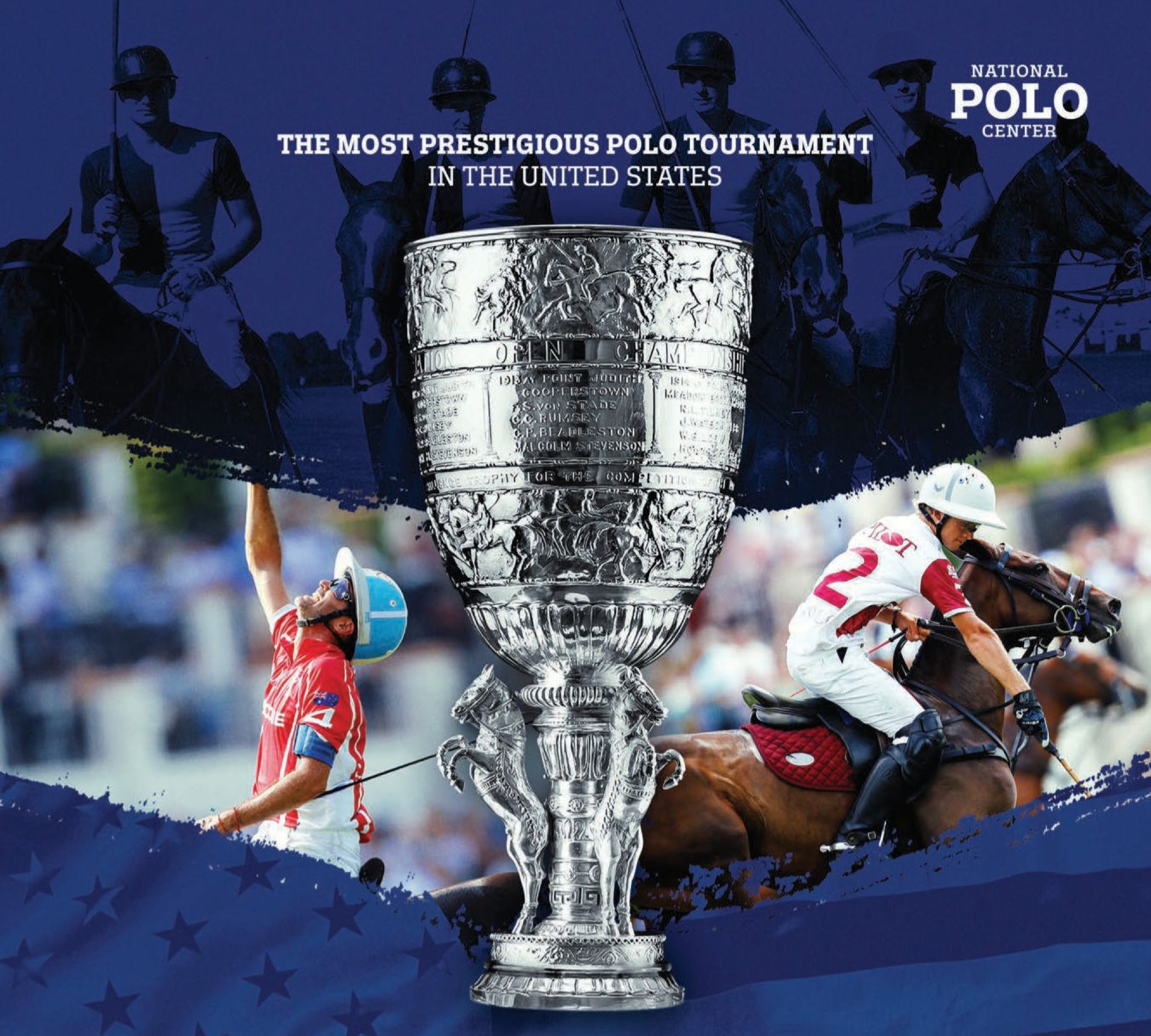
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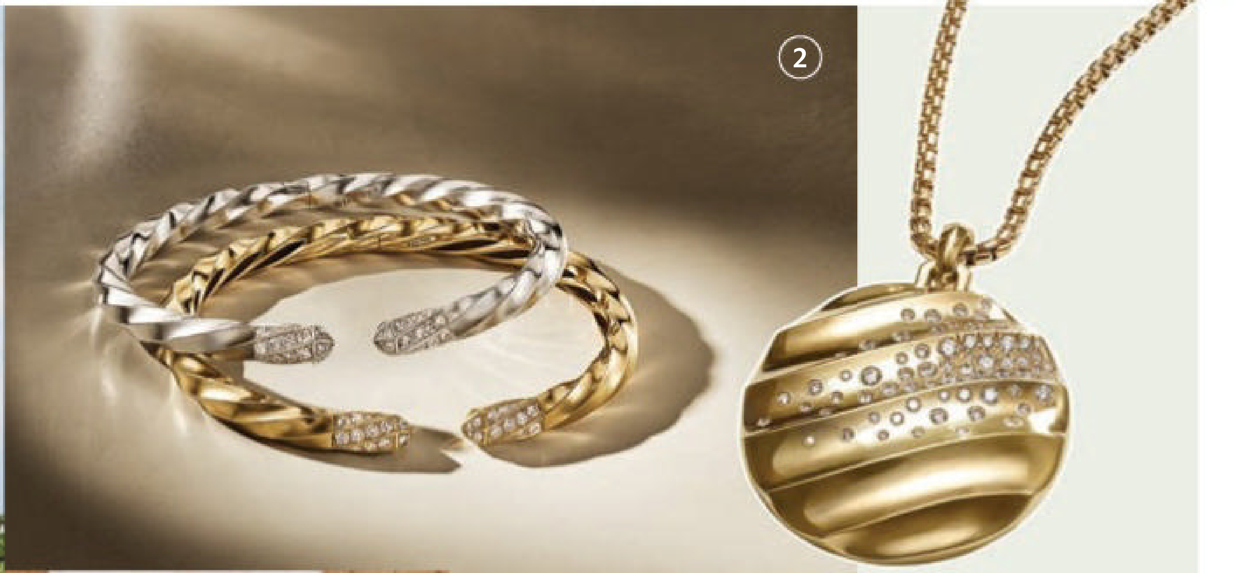
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NATURE'S BEST

HELP PRESERVE EARTH'S ASSETS WITH THESE STYLISH FINDS

BY KATHERINE LANDE

1. Off-white Macaw Elegance maxi skirt ($195) and crop top ($110), **Farm Rio,** *farmrio.com*, for each purchase, Farm Rio finances the One Tree Planted organization to plant one tree in support of Brazilian biome restoration efforts. | **2.** Cable Edge Collection jewelry ($395-$36,500), **David Yurman,** *davidyurman.com*, David Yurman's Cable Edge Collection is inspired by nature and made from responsibly sourced and recycled metals. | **3.** SDU Alveomesh white and platine vegan sneakers ($155), **Veja,** *veja-store.com*, Veja crafts its sneakers using raw materials sourced from organic farming and ecological agriculture without chemicals or polluting processes. | **4.** Cassiopeia cork and white handbag ($540), **Mashu,** *mashu.co.uk*, based in Greece, Mashu handcrafts its vegan bags in Athens utilizing ethical practices and maintaining a low carbon footprint. | **5.** Reset Cleanser ($60), Alter-Care Serum ($140), and Restore Cream ($105), **Stella by Stella McCartney,** *stellamccartney.com*, McCartney's vegan and cruelty-free skin care collection is designed to be refilled, helping to reduce each product's environmental impact.

THE LOOK

LIFE'S A PICNIC

CASUAL ELEGANCE HITS A NEW HIGH WITH ELEVATED RESORT CLASSICS

BY KATHERINE LANDE

GIAMBATTISTA VALLI SPRING/ SUMMER 2023
A trompe l'oeil woven print bridges the gap between effortless and ornate.

BAR NONE
Bamboo Gatelink bracelet with diamonds set in 18-karat gold ($48,000), **Mish Fine Jewelry,** Palm Beach, *mishfinejewelry.com*

ALL THAT GLITTERS
Crystal-embellished satin platform sandals ($2,150), **Prada,** *prada.com*

FRINGE BENEFITS
Heritage Vibes tote bag ($850), **Johanna Ortiz,** *johannaortiz.com*

EAST TO WEST
Hammered Gold Fifty-Seventh Street earrings ($31,300), **David Webb,** Marissa Collections, Palm Beach, *marissacollections.com*

STYLE NOTES

SKY HIGH:
Update your day look with platform sandals.

BASKET CASE:
Rattan caning inspires new prints.

NEUTRAL ZONE:
Opt for organic materials and color combos.

CIRCLE AROUND
Hearted bucket bag in vegetable-tanned leather ($2,990), **Saint Laurent,** Palm Beach, *ysl.com*

TALL ORDER
Valentino Garavani Tan-Go patent leather platform sandals ($1,200), **Valentino,** Palm Beach, *valentino.com*

KNOCK, KNOCK
Wood and leather sandals ($548), **Cult Gaia,** *cultgaia.com*

DUAL PERSONALITY
Le Bambino long leather and rattan bag ($1,625), **Jacquemus,** *modaoperandi.com*

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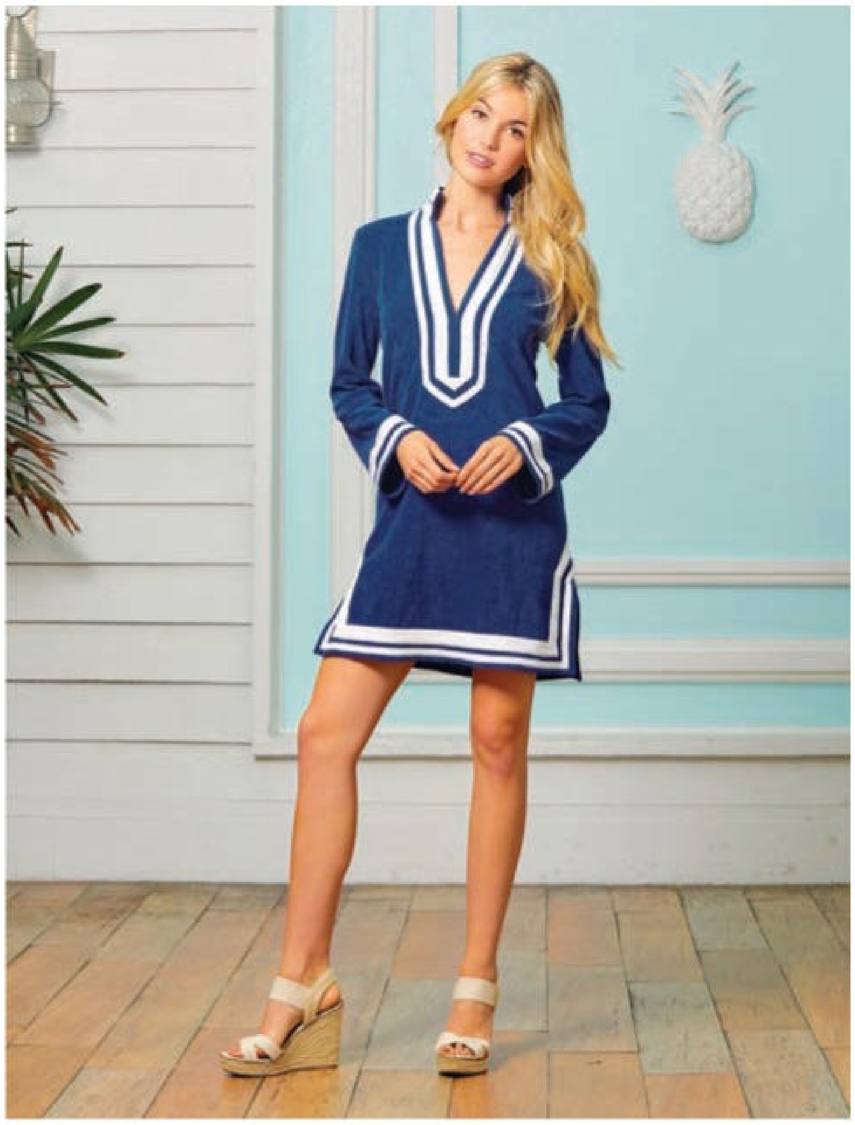
THE BEE'S KNEES
Mineral sunscreens ($14-$19) and mineral after-sun lotion ($15), **Bee&You,** *beeandyou.com*
As someone with naturally fair skin, all I have to do is think about the sun and I will get burnt, so I'm always on the hunt for quality sunscreens. These options for face and body are made with antioxidant-rich bee propolis, as well as shea butter to vanquish dryness. Should a burn occur, the cooling after-sun lotion is a must. *—Mary Murray, executive editor*



THE EDIT

Catching RAYS

SOAK UP THE SUN WITHOUT A CARE IN THE WORLD THANKS TO OUR EDITORS' PICKS FOR PROTECTIVE PRODUCTS

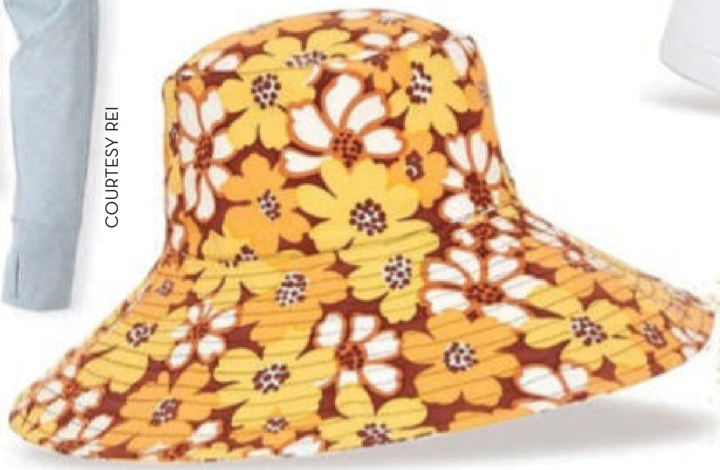
COVER STORY
Terry tunic in navy with white trim ($120), **Cabana Life,** *cabanalife.com*
I love that Cabana Life's terry tunic channels classic nautical vibes, while its UPF 50+ fabric blocks 98 percent of UVA and UVB rays. Cofounded by a melanoma survivor, the women-owned company takes its mission of "preventing skin cancer with stylish, sun-safe solutions" seriously. *—Allison Wolfe Reckson, managing editor*

FACE FIRST
SPF 45 face cream ($42), **Hampton Sun,** *hamptonsuncare.com*
Sun care meets skin care in this SPF 45 facial sunscreen with hyaluronic acid for wrinkle control. It feels light and clean on, and it delivers constant hydration to replace what the sun depletes. It layers well under makeup and is water-resistant and reef-safe, too. *—Daphne Nikolopoulos, editor in chief*

HAMPTON SUN
45
WRINKLE CONTROL CREAM

COURTESY REI

MADE IN THE SHADE
Women's Sahara shade hoodie ($50), **REI Co-Op,** *rei.com*
Whether hitting the trails or the waves, this is the ideal companion for facing the South Florida sun. Crafted with a UPF 50+ fabric that shields you from UV rays and boasts moisture-wicking and antimicrobial properties, this lightweight hoodie is the perfect layering piece to chuck in your beach bag or overnight pack. *—Abigail Duffy, web editor*



HATS OFF
Steffany sun hat in orange Li Reni floral print ($79), **Faithfull the Brand,** *faithfullthebrand.com*
For extra UV protection, this wide-brimmed bucket hat is a chic and sustainable option that can spice up any outdoor outfit. Made in Bali using artisan hand-printing techniques, this cotton canvas accessory is giving me just the right retro vibes for spring. *—Karina Wensjoe, associate editor*

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Supergoop!
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100% MINERAL POWDER
Broad Spectrum Sunscreen SPF 35
SPF 35

SKIN GAME
Matte Prime and Reapply Set ($73), **Supergoop,** *supergoop.com*
We all know we need to apply and reapply for maximum skin protection, but the latter can be tricky when you're wearing makeup. That's why I love this dynamic duo. I start with the mineral Mattescreen (SPF 40) as a pre-makeup primer and then set my look with the (Re)setting mineral powder (SPF 35). Whether I'm on a photo shoot or a day out on the town, I can keep my defenses up by brushing the powder atop my makeup. *—Kristen Desmond LeFevre, contributing editor*

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BIJOUX

NEON LIGHTS

REDEFINE SPARKLE AND SHINE WITH FLUORESCENT JEWELRY

BY MARY MURRAY

1. MELLOW YELLOW Melissa Kaye Lola hoops with neon yellow enamel and diamonds set in 18-karat gold, $2,950, and Ada necklace with neon yellow enamel and diamonds set in 18-karat gold, $22,950. *Marissa Collections, Palm Beach (marissacollections.com)*

2. THROW AWAY THE KEY Eéra lock necklace with 18-karat white gold and silver, $2,014. *Marissa Collections, Palm Beach (marissacollections.com)*

3. FULL STOP L'Atelier Nawbar necklace with pink agate, coral, and diamonds set in 18-karat rose gold, $3,600. *Neiman Marcus, Boca Raton (neimanmarcus.com)*

4. THINK PINK Rush Jewelry Design signature chain split-shank ring with a red tourmaline set in 18-karat gold, $4,770. *(rushjewelrydesign.com)*

5. CAUSE FOR CELEBRATION Hamilton Jewelers Confetti bangle with blue enamel and diamonds set in 18-karat white gold, $3,950. *Hamilton Jewelers, Palm Beach, Palm Beach Gardens (hamiltonjewelers.com)*

6. TWIST OF LIME Misahara Stena drop earrings with peridots and tsavorites set in 18-karat gold, $7,700. *(misahara.com)*

7. HEART OF GLASS Lionheart Aria heart earrings with diamonds and turquoise set in 14-karat gold, $2,670. *(lionheartjewelry.com)*

8. RING POP Robinson Pelham Arena ring with a yellow beryl and yellow enamel set in 14-karat gold, $4,800. *Marissa Collections, Palm Beach (marissacollections.com)*

9. FAB FOUR Provident Jewelry enamel stacking rings with diamonds set in 18-karat gold, starting at $695 each. *Provident Jewelry locations (providentjewelry.com)*

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BEAUTY

GARDEN VARIETY

Harness the goodness of plant-derived, nutrient-rich seed oils in these fresh picks: EuforaStyle Illuminate, a multiuse mist with meadowfoam and hazel seed oils that eliminates frizz and adds shine and moisture for all hair types and textures ($32.75, *eufora.net*); Natura Ekos Ucuuba Restorative Body Butter and Maracujá Triple Phase Shower Oil (both $28, *naturabrasil.com)*; Róen Elixir Restorative Face Oil, which enhances radiance with a trifecta of jojoba oil, rose hip oil, and squalane ($80, Bluemercury locations); Primal Life Organics Carrot Seed Cleanser, boasting beta-carotene and vitamins A, C, and E for skin-mending, collagen-boosting benefits ($5 , *primallifeorganics.com*); True Botanicals Renew Pure Radiance Oil, packed with 14 lightweight seed oils and algae extract ($110, Nordstrom, Palm Beach Gardens, Boca Raton); and Anima Mundi Apothecary Plant Medicine Guarana Seed Powder Rainforest Energizer, a chocolaty energy elixir with roots in traditional indigenous medicine ($19.90, *animamundiherbals.com*). *—Abigail Duffy*

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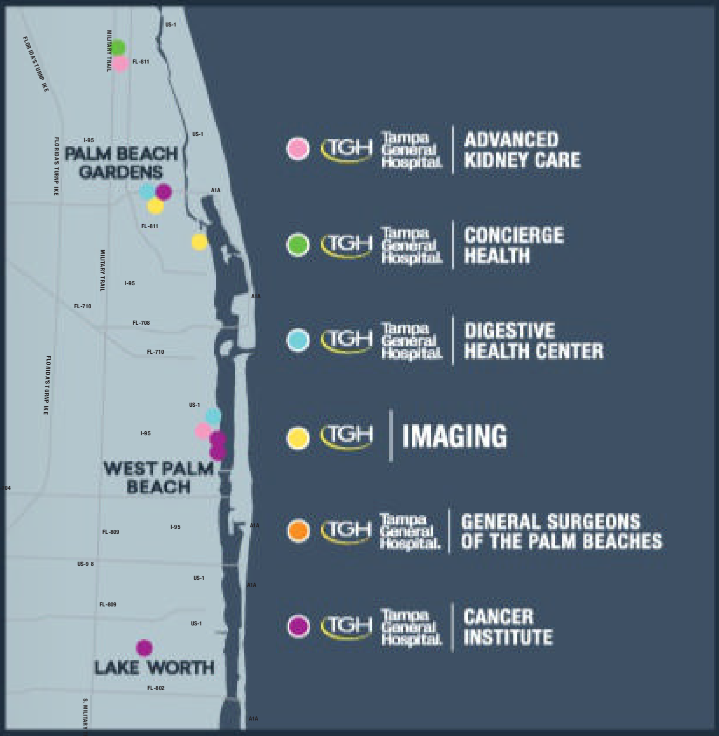

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ANCIENT KINGDOM

THE LOST CITY OF ANGKOR IS A RIVETING JOURNEY THROUGH TIME

BY PAUL RUBIO

If you've explored the ruins of Pompeii, Petra, the Acropolis, Giza, Tikal, or Machu Picchu and feel like you've seen the best archaeology has to offer, think again. Like a fictional "Choose Your Own Adventure" book, Cambodia's ancient city of Angkor plays out one thrilling chapter after another as you navigate across 154 square miles of skyscraping jungle in search of hundreds of Hindu and Buddhist monuments. Unlike Angkor's veneered peers, a web of dense undergrowth still envelops and buries much of the city, leading to got-to-see-it-to-believe-it stone-hewn temples constructed between the ninth and fifteenth centuries, now capped by mammoth tree roots and plant-clad walls waiting to be unearthed.

With the Khmer Rouge a distant memory, the complete de-

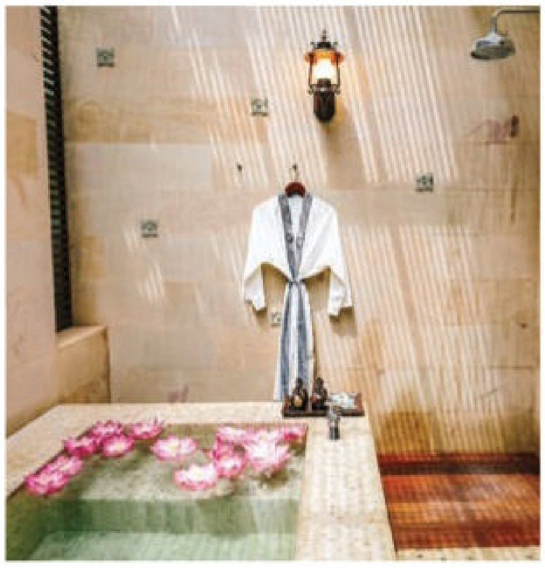
PAUL RUBIO

Scenes from Anantara Angkor Resort, clockwise from top left: The resort's saltwater pool; proximity to the ancient city of Angkor; the resort's serene lobby; a private tuk-tuk sightseeing adventure; the luxurious Sothea Suite.

mining of land mines around Angkor and the proximate town of Siem Reap, and a grand return to travel, the world's largest pre-industrial city is currently having a moment as a top bucket-list destination. Angkor Wat, the iconic spired temple complex that stands as the foremost example of Khmer architecture, is the initial anchor for any visit. The edifices—strewn with religious allegories and visual narratives—wow and enchant, revealing their most photogenic sides during sunrise and sunset hours (from the east and west entrances, respectively) and anytime from above (helicopters and hot-air balloons offer spectacular bird's-eye views). But this sacred expanse is just the beginning of greater exploration through culture, religion, architecture, and history over hundreds of years. All that's required is a strong sense of adventure, a tuk-tuk (an electric, three-wheeled carriage), and a daring driver.

One potential starting point is visiting the Khmer Empire, first with Angkor Wat and then scaling the rocky remains of the Buddhist monument Bayon, marveling at the deities carved into its 54 pillars. Examine the inscribed inner and outer walls depicting daily life and the colorful history of the kingdom.

Next, strike a pose for the ultimate Cambodia Insta-shot, shadowed by the overgrown tree roots strangling the ruins of Ta Prohm temple. Immortalized in the 2001 hit film *Lara Croft: Tomb Raider*, stunning Ta Prohm evokes the inner archaeologist in all of us. But for some alone time within



From top: Overgrown tree roots among the ruins at Ta Prohm temple create the ultimate Cambodia Insta-shot; Khmer healing traditions offered at the signature Anantara spa provide respite from Siem Reap's myriad active pursuits.

Angkor, ask your tuk-tuk driver to show you the less frequented sites too. One such highlight is the tenth-century Banteay Srei temple (also known as "Citadel of the Women"), constructed principally of red sandstone and dedicated to the Hindu god Shiva.

With a strong emphasis on active pursuits, a luxe hotel is an idyllic base for recharging in style and resting your feet (even massaging them). Enter Anantara Angkor Resort Siem Reap *(anantara.com)*, which provides just the right amount of frills for unapologetic relaxation between adrenaline-inducing excitement. Fashioned after a grand Khmer villa, the 39-key boutique hotel centers on a serene courtyard and a saltwater pool. Most treatments at the signature Anantara spa are rooted in local customs and the healing power of the lotus. One not to miss is the traditional Khmer massage (think: a smoother iteration of an oil-free Thai stretching massage) followed by a lotus-filled bath.

The property also promises more in-depth discoveries of Cambodia, including bicycle tours through the countryside and cooking classes with a resident chef,

Song Saa private island resort sits just 15 miles south of Cambodia's mainland.

COASTAL KISS

It's not just inland, ruin-dotted Cambodia that entices. The world's most heavenly accommodation—the overwater bungalow—maintains a secret address off coastal Cambodia, and only the lucky few have experienced it.

In the Koh Rong archipelago, a duo of islands some 15 miles south of the mainland known as Song Saa private island resort *(songsaa-privateisland.com)* mingles Bora Bora design, Cambodian sensibility, and a holistic conservation mantra. The resort's 24 thatched-roof villas—nestled overwater, on the beach, or in the jungle—are exquisite expressions of upcycled eco-chic, inclusive of artwork re-created from discarded oil drums and fishing boat hulls, tables and chairs crafted from driftwood and tree trunks, and double-story, hand-carved wooden doors. More overt pops of glamour also exist: mini bars fashioned after Louis Vuitton trunks, glass-bottom floors (in floating units), and seductive outdoor shower areas among them.

GREG MO

Perfect the art of doing nothing, feet in the sand or cozy in your private swimming pool, overlooking the cerulean waters and lush terrain. Request a packed lunch—with bubbles—and head out by kayak in search of a deserted cove for a romantic afternoon. Hike the nature trails of Koh Bong island (connected to Song Saa by footbridge), keeping the zoom lens close in the event resident oriental pied hornbills appear. Or, dive one of six surrounding sites to encounter rainbows of tropical fish aplenty (note that peak clarity occurs from April to May and October to November).

Also consider diving into Song Saa's development projects, which home in on the humanitarian side of conservation. On Koh Rong proper, experience daily life in the coastal Cambodian village of Prek Svay by visiting a school, touring one of several community efforts supported by the Song Saa Foundation (the waste management project is a popular one), or just hanging with the locals for a day of cross-cultural fun.

beginning with a trip to the local market and then preparing classic recipes in the hotel's cooking studio. Anantara Angkor Resort also happens to be a seven-minute drive from the city's night market, where the pulse of modern-day Cambodia is palpable. Here, you'll gorge on cheap but delicious street eats, make new random friends, bargain for souvenirs, and squirm during a painfully pleasurable fish pedicure (yes, the one where the fish eat your dead skin, leaving your feet shining like mother-of-pearl).

A few days into your Cambodia exploration, while revisiting Angkor Wat at sunset, seeking out quieter nooks of the ancient city, or even passing stalls at the night market, you'll subconsciously start looking for secret passageways, hidden doors, snake-guarded treasure chests, and small clues to understanding the enigmas of Angkor. You'll expect Indiana Jones or Lara Croft to pop around the corner and lead you into your next chapter. It is then—when reality and make-believe blur—that you've experienced the magic of Angkor. «

FROM TOP LEFT: ANGKOR WAT AT SUNSET PROMISES ONE OF CAMBODIA'S MOST ICONIC VIEWS; ANANTARA'S CHEF-LED CAMBODIAN COOKING CLASS.

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QUICK TRIPS

A Doggone Good Time

DISCOVER THE ALL-SEASONS, PET-FRIENDLY TOWN OF CASHIERS, NORTH CAROLINA

BY PAUL RUBIO

In western North Carolina's beautiful share of the Blue Ridge Mountains, Jackson County is home to myriad plunging waterfalls, dramatic ravines, the highest vertical cliffs in the eastern United States, and one of the oldest mountains on the planet, Whiteside Mountain. The county's Panthertown Valley has even been referred to as the "Yosemite of the East." Though summer is a popular time to visit, these great outdoors can be appreciated in any season. Even better? The destination isn't just for humans. Thanks to several pet-friendly towns—none more charming than luxury-tinged Cashiers—dogs can revel in the natural splendor too. Here's how. *(discoverjacksonnc.com)*

EVAN RUFF

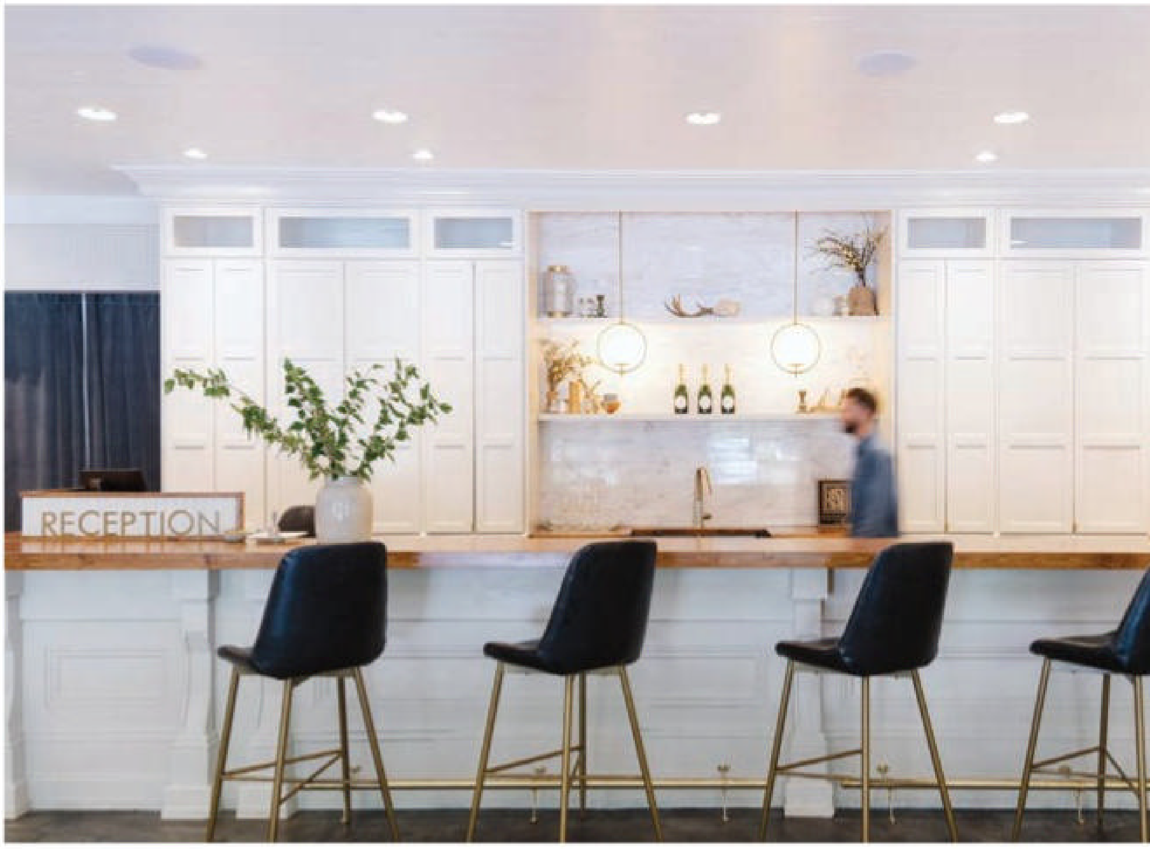
PAUL RUBIO

BRING YOUR PUP ALONG TO EXPLORE SUCH SITES AS SCHOOLHOUSE FALLS.

CHARLES K. HARDIN

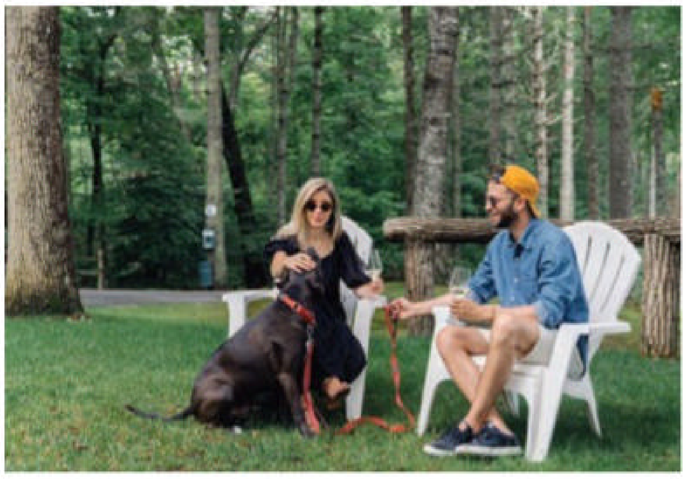
SEE

Hikes with Fido headline the daily agenda in Cashiers. Download the AllTrails app *(alltrails.com)* for rewarding options at all fitness levels, but don't skip the short-but-steep, 2.5-mile Whiteside Mountain trail for wow-factor vistas of forest-cloaked peaks and valleys from nearly 5,000 feet high. Do go chasing waterfalls, beginning with the thrilling 1.4-mile climb to High Falls in Lake Glenville's Pines Recreation Area. Cool off in the fall's emerald, boulder-strewn plunge pools and later visit the dog-friendly swimming beach along the lake itself. Back in town, explore by foot via the Cashiers Greenway Ramble, a network of scenic trails, sidewalks, and pedestrian-friendly roads that zigzag through town.



STAY

Take in Cashiers' outdoor pursuits from your base at Hotel Cashiers *(hotelcashiers.com)*, a classic motel revamped as a retro-chic inn, where pets are welcome for an additional $30-per-night fee. The unpretentious yet stylish 18-room property sits on a panoramic Blue Ridge hilltop, surrounded by 2,000 square feet of green space, inclusive of a garden and a DIY firepit (find stacks of wood and fire-starting materials on-site but bring your own booze and s'mores kits). Located at the base of the hill, the reception area houses a fabulous Wine and Provisions Shop, fully stocked with fine wines and chilled Champagnes at prices competitive with local supermarkets, as well as The Wine Bar, which serves craft beer and curated wines by the glass.

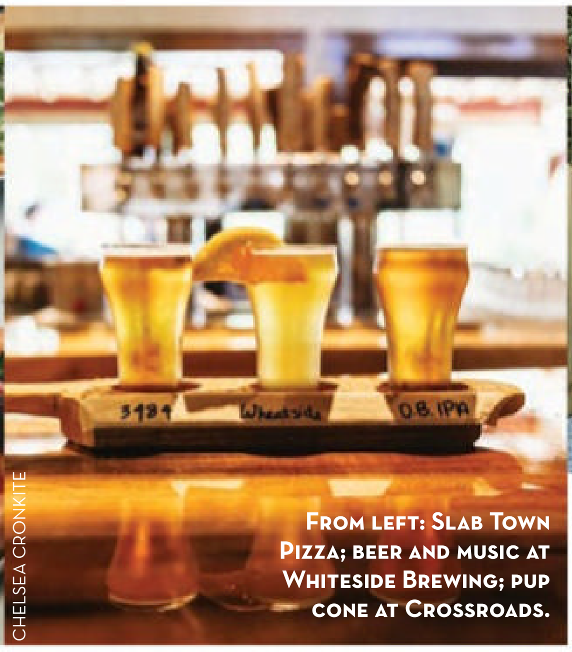


The whole family and your pets can stay at Hotel Cashiers, where Blue Ridge foliage gives way to a garden and firepit.

EAT & DRINK

Below Hotel Cashiers, Slab Town Pizza *(slabtownpizza.com)* is an adorable, family-owned and -operated pizza joint featuring a lengthy menu of soups, salads, calzones, and hand-tossed pizzas, all of which can be consumed alfresco on the pet-friendly lawn. The Ugly Dog Public House *(theuglydogpub.com)* attracts the lion's share of dog-loving locals thanks to prolific outdoor seating, the prospect of live music, and the promise of all-American comfort food and a rotating selection of regional craft beers. Further explore Cashiers' brewery scene at Whiteside Brewing Company *(whitesidebrewing.com)*, equally popular for its lagers as its wine slushies.

CHELSEA CRONKITE



CHELSEA CRONKITE

PAUL RUBIO

From left: Slab Town Pizza; beer and music at Whiteside Brewing; pup cone at Crossroads.

DON'T MISS

At Crossroads Custard & Coldbrew *(crossroadscustard.com)*, dogs are invited to try owner Jill Katz's famous "pup cone," a creamy soft-serve delight with Milk-Bone biscuit topping, while human companions enjoy rich soft-serve custard in 24 flavors, from amaretto to maplenut. Crossroads is also an idyllic place for your morning caffeine fix, whether that's a homemade nitro cold brew to go or a frothy iced latte in a mason jar sipped on the front terrace.

HIGH ROAD

GOOD SPORT

THE BIGGER-BODIED 2023 RANGE ROVER SPORT COMBINES THRILLING PERFORMANCE WITH IMPRESSIVE REFINEMENT

BY HOWARD WALKER

My, my, how you've grown, Mr. Range Rover Sport. Once the rambunctious kid brother, you're now the full-fat, top-shelf Range Rover.

The 2023 Sport has bulked up and is ready to arm wrestle any Porsche SUV that gets in its way. So much so that those of us who love to drive with gusto might take a quick spin in this new Sport and dismiss its fancy-pants Range Rover sibling as a little too "smoking jacket and slippers."

Gaze at this third-gen Sport (the original was introduced in 2004) and it's clear that the once-delicate lines have been jettisoned. This thing is huge, with doors that could have come off a New England barn and 23-inch wheels that wouldn't look out of place on a Peterbilt. Gone too are the various bodywork creases and folds of the previous version. Now the lines are smoother and more pumped. Picture Daniel Craig in a slim-fitting Brioni tux.

It's only natural that the range-topping Sport First Edition model would hit the visual-drama quota. Here, that bluff front end boasts slightly menacing honeycomb intakes and vents, skinny LED lights, and blacked-out lettering. There are even more theatrics at the rear, with a full-width light bar, a quartet of storm drain–sized exhaust tips, and an imposing roof spoiler. And every new Sport should come out of the factory painted in our test car's shade of metallic red called Firenze. Fiery lava spewing from Mount Etna doesn't glow this red.

While the 2023 Sport lineup features mild hybrid and plug-in hybrid models, this First Edition is only offered with a V8. Here, under a hood roughly the size of Kansas, sits a BMW-sourced twin-turbocharged 4.4-liter that can rustle up a locomotive-like 523 hp and propel you from standstill to 60 mph in 4.3 seconds. Top speed is an Autobahn-blasting 155 mph, which is mighty impressive for a bruiser that tips the scales at nearly 5,500 pounds.

To justify that Sport moniker, this latest version is more accomplished at carving curves than ever before. In addition to its adaptive air suspension, it's offered for the first time with rear-wheel steering to heighten agility.

But the biggest surprise is just how smoothly the Sport rides. Even with those huge tires, it hoovers up lumps, bumps, potholes, and ridges. Add to this steering that's pinpoint precise and beautifully weighted, brakes that stop time, and an 8-speed automatic transmission that's almost telepathic in shifting, and you've got one great-driving performance SUV.

The surprises keep coming in the form of the cabin's minimalist design. Instead of a multitude of buttons, there's a gorgeous 13.1-inch curved-glass touchscreen. On the center console, just two rotary knobs take care of everything to do with heating and cooling.

For audiophiles, the optional Meridian 3D Signature Sound System is beyond mind-blowing. It's like being in a rolling Carnegie Hall, with no fewer than 29 speakers (including integrated headrest units) plus an astonishing 1,430 watts of power.

Land Rover decided not to offer third-row seating for this new Sport, but there's no shortage of kneeroom in the back seat, while the rear load area is simply cavernous.

This new Sport costs roughly $20,000 less than an equivalent Range Rover. That means around $83,000 for the base SE, $90,000 for the Dynamic SE, and $104,000 for the plug-in Autobiography. Our First Edition, which will only be available for one year, starts at $121,500, or more than $132,000 very nicely loaded. Want even more Sport? The overcaffeinated SVR model is waiting in the wings, along with an all-electric Sport that's due in 2024.

If ever a car put the "sport" in "sport utility vehicle," this is it. «

POWER FILE

PRICE: FIRST EDITION FROM $121,500 **ENGINE:** 4.4-LITER TWIN-TURBO V8 **POWER:** 523 HP **TORQUE:** 553 LB-FT **0-60:** 4.3 SECONDS **TOP SPEED:** 155 MPH **LENGTH/WIDTH:** 195/87 INCHES **WEIGHT:** 5,355 POUNDS **WHY WE LOVE IT:** BECAUSE FOR THE FIRST TIME, THE SPORT IS A TEMPTING ALTERNATIVE TO ITS BIG BROTHER.

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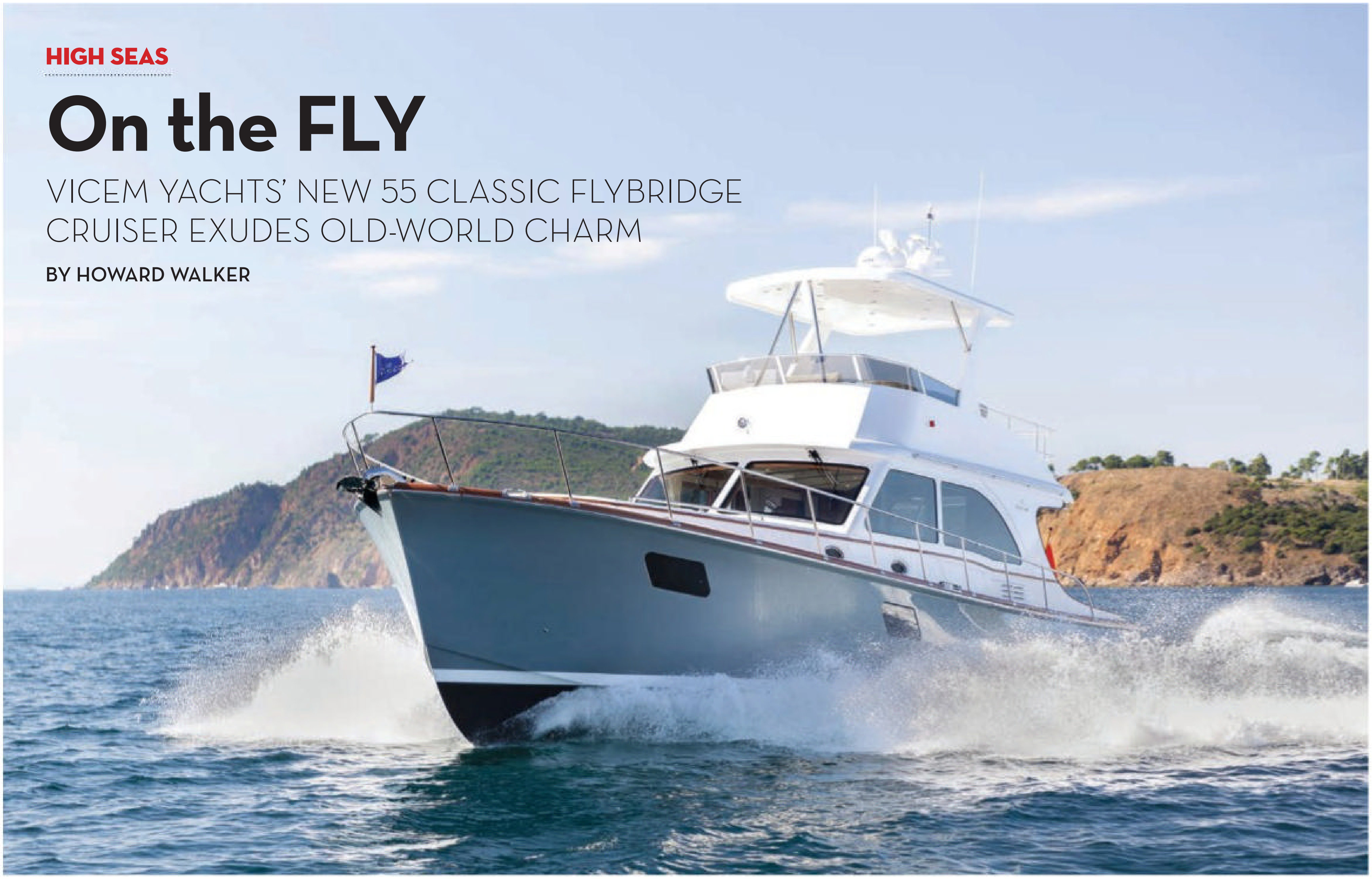
HIGH SEAS

On the FLY

VICEM YACHTS' NEW 55 CLASSIC FLYBRIDGE CRUISER EXUDES OLD-WORLD CHARM

BY HOWARD WALKER



In the words of Confucius the Navigator, the seafaring brother of that wise and worldly Chinese philosopher: "Life's too short to own an ugly boat."

Stroll the docks at any boat show these days, and you'll spy a multitude of floating Clorox bottles with more glass than fiberglass, acres of sun pads, and top-heavy designs guaranteed to have the crew coming down with *mal de mer* at the first sign of a chop. Which is why the sight of the newest offering from Turkey's Vicem Yachts, the Vicem 55 Classic Flybridge, at the 2022 Fort Lauderdale International Boat Show caused a teen-like spike in my endorphins.

This thing is beyond gorgeous. It has a classic Down East design with cues from Maine's iconic lobster boats, arguably the most famous being Captain Quint's salty *Orca* from the movie *Jaws*. Only in this case, you won't need a bigger boat; this oh-so-elegant 55-footer comes with an air-conditioned pilothouse/saloon, two sleeping cabins, and a flybridge big enough to host a Super Bowl party.

While Vicem is best known for the quirky cold-molded wooden construction seen across its Classic range of 46- to 82-foot cruisers, this new 55 Flybridge is the first to be built from easier-to-maintain fiberglass. Just think of the money to be saved in termite protection alone.

And speaking of the flybridge, on a sunny day you might never want to leave. In addition to the helm and its diamond-quilted seat for two, there's a huge L-shaped sofa to port opposite a well-stocked outdoor kitchen. Take the teak steps down to the aft deck, and there's even more entertaining and lounging space, complete with another sofa for six and a moveable mahogany pedestal table. Drag that cockpit table into the saloon for an instant dining area, or pull out a section of the portside sofa and presto, you have a double bed for guests.

The saloon is customizable, so you can trade the sofa on the right side for a full galley. The 55 on display at the Lauderdale show featured a galley that was four steps down in the bowels of the lower level. While not always a chef's favorite location—it keeps you away from the action up top—it does make the saloon feel much bigger.

POWER FILE

PRICE: FROM $1.5 MILLION **LENGTH:** 55 FEET, 3 INCHES **BEAM:** 14 FEET, 5 INCHES **POWER:** 2 X VOLVO IPS 700 **TOP SPEED:** 26 KNOTS **WHY WE LOVE IT:** BECAUSE THIS VESSEL MERGES DOWN EAST STYLE WITH TRUE QUALITY AND CRAFTSMANSHIP.

Up in the bow is the spacious master cabin with its roomy heads and big shower cubicle. Opposite the galley is the midships guest cabin that, in this case, came with a double bed instead of twin bunks.

What's truly remarkable about the entire boat is the level of love and attention that goes into the woodwork. The matching of veneers, the gorgeous and at times complex cabinetry, the sheer depth of the varnish work is all just spectacular.

A pair of Volvo Penta 6-cylinder D8 IPS 700 turbo diesels pack 650 hp a piece and drive through pods with IPS-style forward-pointing props. Flat out you'll see around 26 knots, with a 20-knot cruise speed. The 528-gallon tank should get you to the Bahamas and back.

Because this new 55 Flybridge is closely based on Vicem's popular 55 Classic Sedan, the semi-displacement hull's seakeeping abilities are already proven. But for good measure, it comes with Humphree stabilizers to calm any rock and roll. When the time comes to ease into that marina slip, there's the belt-and-suspenders peace of mind of having both bow and stern thrusters. Docking will be a breeze.

In addition to the numerous advantages of having a boat built in Turkey—craftsmanship and expertise topping the list—there's the nontrivial issue of price. Build prices tend to be cheaper here, which puts the base sticker of this new 55 Flybridge at around $1.5 million, or $1.9 million nicely loaded. That's a relative deal. «

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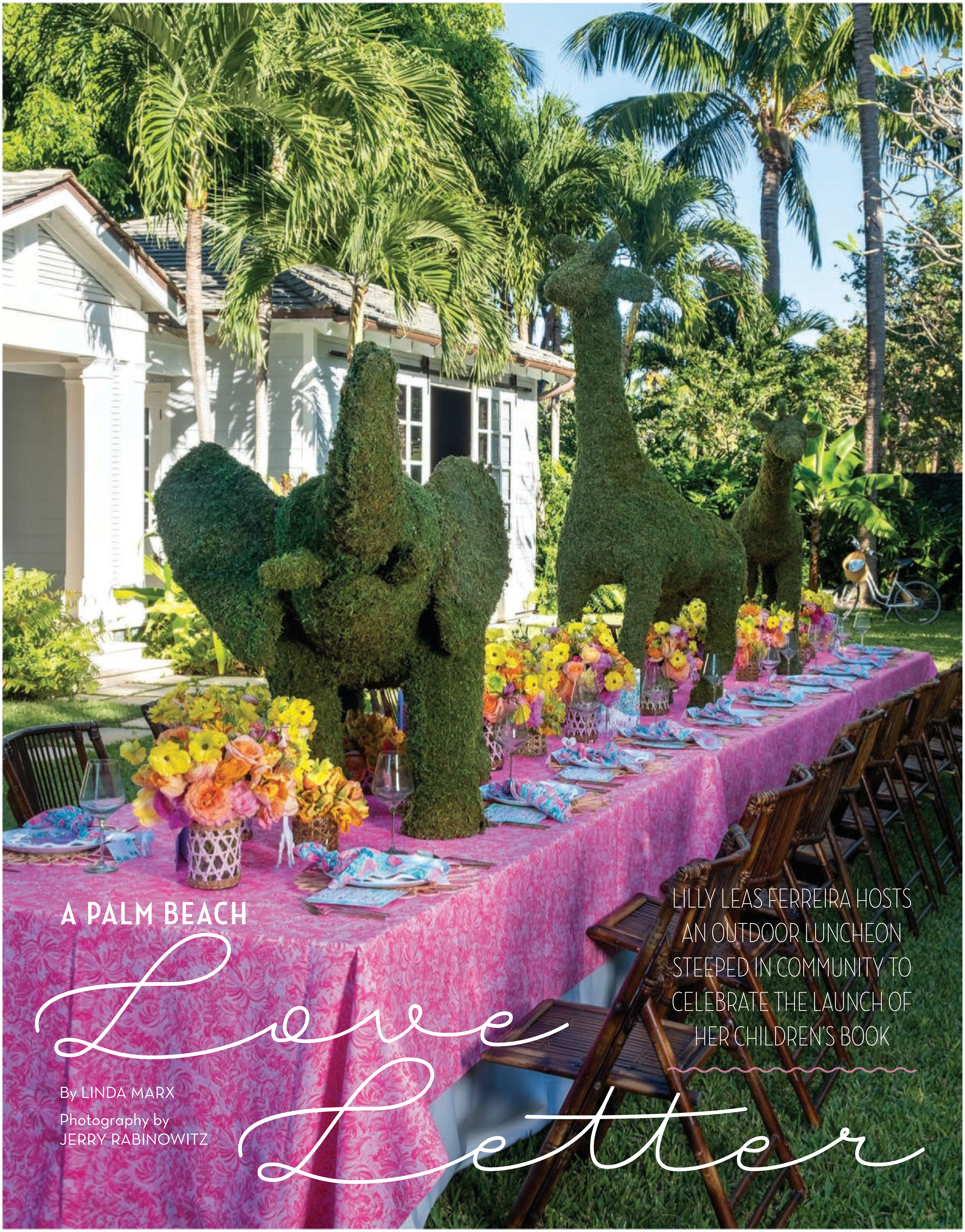


A PALM BEACH Love Letter

LILLY LEAS FERREIRA HOSTS AN OUTDOOR LUNCHEON STEEPED IN COMMUNITY TO CELEBRATE THE LAUNCH OF HER CHILDREN'S BOOK

By LINDA MARX

Photography by JERRY RABINOWITZ

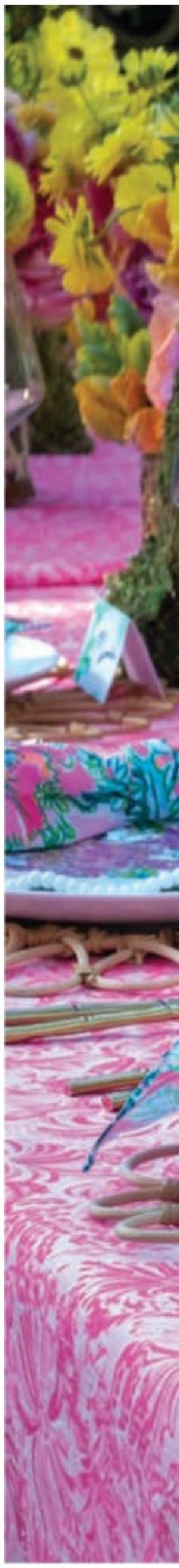
As much as Lilly Leas Ferreira loves adventure and traveling to far-off destinations, she knows there is no place like Palm Beach, where discovery exists on every street, via, and corner. Her hometown has become even more important to her as she's embarked on a new chapter, that of mother to 4-year-old Lula and 1-year-old Clementine. Now she's sharing the virtues of small-town life and barefoot exploration with the next generation in her first children's book, *Life and Lilly: A Palm Beach Adventure*.

"Writing this book was a labor of love, especially seeing everything through the eyes of a child," says Ferreira.

A fourth-generation Palm Beacher, Ferreira is the daughter of Minnie Pulitzer and the granddaughter of legendary fashion designer and entrepreneur Lilly Pulitzer. She works as a real estate agent with Brown Harris Stevens and as a consultant for the Lilly Pulitzer fashion company, which is now owned by Oxford Industries and operates 59 stores across the United States.

Released in April by Little Coconut Publishing, *Life and Lilly*

Right: Sean Ferreira and Lilly Leas Ferreira with Lula and Clementine at Lilly's children's book launch and backyard luncheon in Palm Beach Above and oppposite page: Renny & Reed designed the table setting, showcasing Lilly Pulitzer signature textiles and linens, custom plates, colorful florals, and whimsical topiaries.



Life and Lilly

features hand-painted illustrations by the Lilly Pulitzer Print Studio. It follows "Little Lilly" (as Ferreira was called growing up) as she navigates the beaches, bike paths, and landmarks that make Palm Beach so special. She ends at the home of the late Lilly Pulitzer, where a party is ongoing and everyone is invited. Ferreira is donating 10 percent of the book's profits to animal rescue organizations in honor of her grandmother, a lifelong supporter of animal rescue and adoption.

"*Life and Lilly* is a love letter to my hometown," Ferreira explains. "My memories of surfing before school, biking across Palm Beach, and growing up in a community that feels like family are pieces of my life that I treasure. The book was inspired by my mother and my grandmother, two strong women."

As an author, Ferreira wanted to capture the dual feeling of adventure and appreciation of community, and pass

Clockwise from top left: Sean Ferreira and Lilly Leas Ferreira; strawberry shortcake pudding; The North Ender, the party's signature drink. Opposite page: The meal included herb-marinated chicken and cold soba noodles from The SoSo restaurant.

this on to her daughters and their contemporaries. "I love telling stories to my little girls, and I always liked writing in school," says Ferreira, who spent three years on the project. "Every Tuesday, my daughter takes her favorite book to school. I hope one day she will take mine."

In many ways, Ferreira's current pursuits mirror her grandmother's life at a similar stage. In 1959, Lilly Pulitzer was the wife of publishing heir Peter Pulitzer and a young mother of three (Minnie, Liza, and Peter). In search of a way to make her days more enterprising, she opened a juice stand on Via Mizner using fruit from her husband's citrus groves. She began designing printed shifts in tropical colors to hide the juice stains, and the rest is fashion history.

Ferreira has the same entrepreneurial instincts as her grandmother. She received a full merit scholarship to the University of Florida's MBA program and graduated in 2017 with a degree specializing in competitive strategy. She launched, ran, and sold her first company, a Palm Beach public relations firm, before she turned 30. In 2019, she was hired to lead the rebranding and growth of The Royal Poinciana Plaza in Palm Beach before joining her mom and aunt Liza Pulitzer in real estate. Since then, Ferreira has sold more than $100 million in residential properties.

In 2017, she married Sean Ferreira at the Sailfish Club of Florida. They grew up four streets away from each other on Palm Beach but didn't meet until later in life. Sean, who owns the Conch Agency, a sales agency representing apparel brands, shares his wife's affection for their hometown. "I love to surf and fish, and I still have solid friendships with half of the people I knew in school," he says. "People leave but always come back. There is nowhere better to live than in Palm Beach."

On a recent picture-perfect day, the couple invited close friends, family members, and their children to a backyard luncheon at Liza Pulitzer's Palm Beach home. The hosts were barefoot and greeted guests with the party's signature drink, The North Ender, a family favorite of rum, lime juice, orange juice, and soda water.

"I wanted this book party to celebrate what it was like to grow up

Gerin
Start
MARINATED CHOPPED SHRIMP
STREET CORN
Main
GRILLED
CHARRED
COLD SOBA

> “*LIFE AND LILLY* IS A LOVE LETTER TO MY HOMETOWN. … THE BOOK WAS INSPIRED BY MY MOTHER AND MY GRANDMOTHER, TWO STRONG WOMEN.” —Lilly Leas Ferreira

in Palm Beach,” says Ferreira. “For example, Sean and I will go to a black-tie event, and when I kiss his cheek, it is still salty from surfing. Then we ride bikes the next morning. It is all a reminder of how lucky we are and how we have so much fun.”

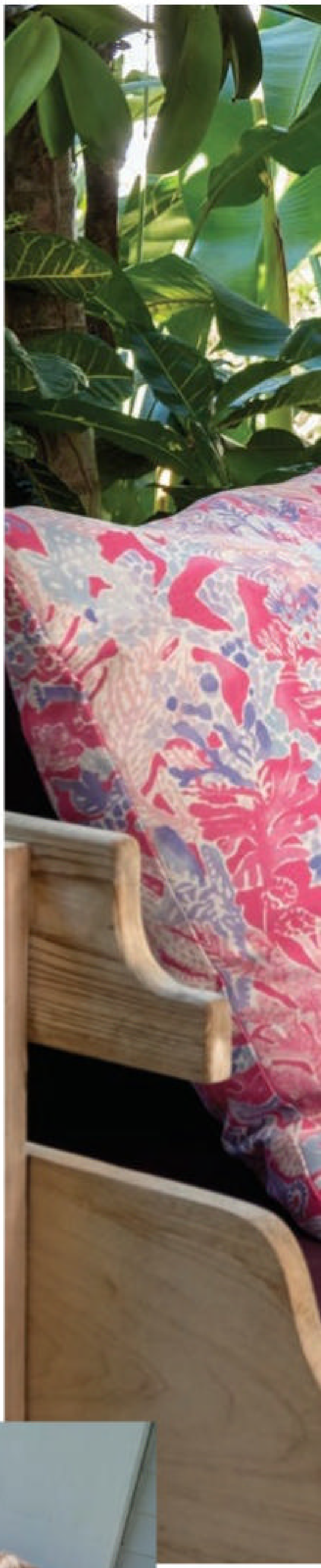
“Everyone grew up at granny’s or at my house,” continues Minnie Pulitzer. “We love village life with people, music, food, laughter … all exploring, playing in the backyard jungle, biking, going to the beach, etc. We continue this tradition.”

Pulitzer believes that her mom had great joy, strength of self, and zest for life. “Little Lilly and I share this same passion,” she says. “My house is like my mom’s was. I have an open door, and when all the kids and grandchildren are here, I am the happiest.”

At the book launch, guests hopped back and forth to talk to family and friends, including Ferreira’s brother Rodman Leas, owner of Ballast Spearfishing. He read to his two small children from *Life and Lilly* while lounging on Lilly Pulitzer blankets and pillows near a setup of canvases and paints for the kids.

Jeni Licata, Ferreira’s close friend and maid of honor at her wedding, describes the author as joyful and appreciative of life’s simple pleasures. “We all know how magical it was to grow up in Palm Beach with the sun constantly shining, but add one more thing to Lilly—she is always ready for the next adventure,” says Licata, executive director of the Lighthouse ArtCenter in Tequesta. “Writing her first children’s book fills the bill.”

Designed by Reed McIlvaine of Renny & Reed, the party’s table setting was whimsi-



Lilly Leas Ferreira and Sean Ferreira enjoy surrounding their daughters, **Lula** and **Clementine**, with family and close friends at occasions such as the children's book launch (opposite page) that instill a sense of community and pay tribute to the couple's **Palm Beach** history and traditions.

cal, colorful, reflective of Palm Beach, and filled with Lilly Pulitzer signature textiles and linens in pink, orange, and yellow. Custom Lilly Pulitzer plates were paired with colored glassware from Estelle and gold bamboo cutlery, napkin rings, chargers, and florals from Renny & Reed.

"We designed the table to speak to the history of Lilly and her family while layering in three huge whimsical topiaries of giraffes and elephants made with PVC pipe stretched with bubble wrap and covered with sheet moss," says McIlvaine. The florals included peonies, butterfly ranunculus, and parrot and garden tulips in vivid blends to match the Lilly Pulitzer colors. "Looking at the table will put a smile on anyone's face because it is larger-than-life and the animals are unexpected. The surprise makes it extra special."

Keeping with the spirit of community, Ferreira hired The SoSo restaurant in West Palm Beach to cater the luncheon. The two owners also grew up locally, left for a while, and came back to open their first restaurant. The meal included herb-marinated chicken, shrimp skewers, grilled Atlantic salmon, street corn Caesar salad, charred cauliflower steaks, cold soba noodles, and a strawberry shortcake pudding for dessert.

"Lilly asked us to prepare a backyard barbecue-style lunch representing the kind of food we all ate growing up in the Palm Beach community," says Kye Akavia, co-owner of The SoSo. "Like our restaurant concept, Lilly is all about community."

From the food to the decorations and ambience, this event captured the spirit of fun, family, and adventure that is present on every page of *Life and Lilly*. "There is nothing like family," says the author's cousin Chris Leidy, a successful underwater photographer. "I have traveled the world and seen beautiful places, but nothing measures up to Palm Beach. I am nostalgic, so my heart is with my family, and Palm Beach is a great place to raise mine. It's all here." «

THE Gifted CLASS

SPOIL THE WELLNESS DEVOTEES IN YOUR LIFE WITH A PRESENT TO SUIT EVERY PERSONALITY

BY LIZA GRANT SMITH

WHIP IT GOOD

The Moon Dip trio ($24) from **Farmhouse Fresh** comes with three whipped body mousses, each with its own scent but all boasting anti-aging ingredients such as vitamins A and E. *Eden Day Spa, Boca Raton (store.edendayspa.net)*

I GET MISTY

Aromatherapy meets modern design in the **Airomé** Harmony diffuser ($35). Pair it with a bottle of one of the company's essential oils ($7 each) for a ready-to-enjoy gift. *Prep Obsessed, Palm Beach Gardens (prepobsessed.com)*

SOMETHING COMFY

Nothing says self-care quite like a cozy robe. The **Boll & Branch** waffle robe ($118) is made from organic cotton, a breathable fabric that gets cozier the more you wash it. *Boll & Branch, Boca Raton (bollandbranch.com)*

THE SPA GOER

TEMPTING TOAST

Enhance your spa experience with **Veuve Clicquot** Rich Rosé ($70)—with notes of red berries and a creamy finish—styled for sipping in **8 Oak Lane**'s stemless Champagne flutes ($18.50 each). *Total Wine locations for the wine (totalwine.com); Initial Styles, Jupiter for the flutes (initialstyles.com)*

BATHING BEAUTY

Soak up the calming effects of lavender—including enhanced relaxation and improved sleep—with Delray Beach-based **Dancing Turtle Shop**'s bath bomb gift set ($20). *(etsy.com/shop/dancingturtleshop)*

HOT IN HERE

Let them work out without the workout with the **Higher Dose** sauna blanket ($600), which elevates the body's thermal energy thereby supporting its natural detoxification process. *(higherdose.com)*

HIGHERDOSE
GET HIGH NATURALLY

GLOWING REVIEW

Let them indulge in spa luxury without leaving home with **Tammy Fender**'s purifying at-home facial treatment kit ($190), which boasts two cleansing masks and supporting products to achieve a refreshed complexion. *Tammy Fender, West Palm Beach, Delray Beach (tammyfender.com)*

THE OUTDOOR ENTHUSIAST

PERSONAL JUKEBOX

Lucyd's audio glasses, pictured here in the Millennia style ($200), are Bluetooth-enabled, offering direct open-ear access to music, podcasts, and smartphones. *Marciano Family Optometric, West Palm Beach (visionsource-drmarciano.com)*

FIRST WE FEAST

Show off your culinary skills in the great outdoors with the Ignite camp stove ($125) from **Eureka**, constructed from thick-gauge steel and comprising two 10,000 BTU burners. *(eurekacamping.com)*

SNUG AS A BUG

A waterproof material on the bottom and cozy fleece on top make this outdoor blanket ($78) from **Laguna Beach Textile Company** perfect for those who love outdoor excursions. *Lucette Collection, Palm Beach Gardens (lucettecollection.com)*

DRESS CODE

Water and sun are no match for **Scales**' Pro Performance shirt ($59), made from a fabric with moisture-wicking technology and that is UPF rated 50+. *Scales, West Palm Beach (scalesgear.com)*

TAKE A SEAT

Now they can opt for outdoor seating wherever the day takes them with **Business and Pleasure**'s interpretation of the portable classic sling chair ($325). *Palm Bungalow, West Palm Beach (palmbungalow.com)*

PORTABLE POTABLES

The **Brumate** Brutank 55-quart cooler ($400) is packed with features (like a built-in drink tank and tap, plus a flip-top lid that doubles as a padded seat), and it can fit 48 12-ounce cans or 12 bottles of wine or liquor. *Dick's Sporting Goods locations (dickssportinggoods.com)*

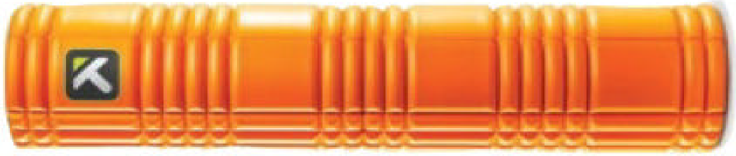
POSH PLAYTIME

Master the art of Brazilian *frescobol* with this coastal-hued beach paddle and ball set ($248) from **Serena & Lilly**. *Serena & Lily, Palm Beach (serenaandlily.com)*

THE WEEKEND WARRIOR

ROLL WITH IT

Thanks to a 3D surface with varying widths, **TriggerPoint**'s Grid 2.0 foam roller ($69) can target knots and kinks like a real masseuse can, resulting in improved blood flow and relieved muscles. *Fleet Feet, Delray Beach (fleetfeet.com)*



MILES AHEAD

Designed based on feedback from 1,600 testers, the **Brooks** Chaser shorts ($64) address runners' key desires. Made from a lightweight fabric for ease of movement, the shorts also have an adjustable waistband, no-bounce pockets, and a phone-ready back packet. *Runner's Edge, Boca Raton (runnersedgeboca.com)*

FORE THE WIN

The **Garmin** Epix Gen 2 Sapphire Multisport GPS watch ($1,000) comes equipped with more than 30 sports apps, health and wellness monitoring capabilities, and maps for more than 42,000 golf courses. *REI, Palm Beach Gardens, Boca Raton (rei.com)*

GIVE ME A BEAT

Dr. Dre brings his **Beats** audio swagger to these workout-apropos Powerbeats Pro True earphones ($250), which are designed to be sweat- and water-resistant and offer up to nine hours of listening time. *Target locations (target.com)*

ON THE GO

Both windproof and water-resistant, the Zero jacket ($160) by **On** not only is made from a super-light material, but it also has ventilated underarms and can be folded into the tiniest of pockets for easy storage. *(on-running.com)*

JUMP AROUND

An elementary school playground diversion becomes a sophisticated workout with **Tangram Factory**'s Smart Rope ($80). Sync it with the Smart Gym app on your Apple device to record total completed jumps, calories burnt, and workout times. *Apple Store locations (apple.com/store)*

DRINK UP

The **Nathan** QuickSqueeze lite bottle ($25) will be their hydration hero, complete with an adjustable hand strap and double-wall construction that can keep drinks cooler for longer. *Peter Glenn Ski & Sports, West Palm Beach, Delray Beach (peterglenn.com)*

WORTH THEIR WEIGHT

Let the world be their gym with the **Bala** weighted bangles ($55). Clocking in at a pound each, these go-anywhere weights can be worn on the wrists or the ankles to up the fitness factor on any activity. *FP Movement, Boca Raton (freepeople.com)*

CHA CHA SLIDE

Great for post-workout feet, the OOahh slide sandals ($60) by **Oofos** boast an arch-supporting footbed and "OOfoam" technology that absorbs 37 percent more impact than traditional footwear for faster recovery. *Run Appeal, West Palm Beach, Delray Beach (runappeal.com)*

THE HEALTHY FOODIE

GREEN THUMB

Now they can get growing regardless of space limitations with **Click and Grow**'s Smart Garden 3 ($100), which comes with a planter base and built-in water reservoir, LED lamp arm, soil mix, and basil starter pods. *Nordstrom, Palm Beach Gardens, Boca Raton (nordstrom.com)*

WEST PALM BEACH
FLORIDA
USA

IN THE BAG

A must-have accessory for farmers market fans, this waterproof bag ($70) was designed by **Apolis Global** in collaboration with **Quinn** and handcrafted by female artisans in Bangladesh. *Quinn, West Palm Beach (quinnwpb.com)*

GRAM FOR GRAM

Make counting calories an ease with this touchless tare waterproof scale ($80) from **Williams Sonoma**. *Williams Sonoma, Palm Beach Gardens, Boca Raton (williams-sonoma.com)*

WILLIAMS SONOMA
TOUCHLESS TARE
0 0.0
UNIT

CELEBRATE
PLANT-BASED RECIPES FOR EVERY OCCASION
Bettina Campolucci Bordi

CELEBRATE GOOD TIMES

Bring a healthy attitude to holidays with *Celebrate: Plant-Based Recipes for Every Occasion* ($30) by **Bettina Campolucci Bordi**. The cookbook offers vegan, vegetarian, and flexitarian options for everything from birthdays to barbecues. *Hive Home, Gift & Garden, West Palm Beach (hivepalmbeach.com)*

BUZZWORTHY SNACK

Indulge their sweet tooth with **Palm Beach Creamed Honey**'s dessert trio ($18). The raw, unfiltered honey has nutritional benefits, including microbial properties that support optimal health and boost the immune system. *Palm Beach Creamed Honey, Palm Beach Gardens (creamedhoney.com)*

sodastream

SIMPLE SIP

Help them enliven their water with some fizz and flavor courtesy of the **SodaStream** Terra water maker kit ($100). *Best Buy locations (bestbuy.com)*

Palm Beach
CREAMED HONEY
GIFT SET
CREAMED HONEY with VANILLA
CREAMED HONEY with CHOCOLATE
CREAMED HONEY with CINNAMON

Breville
320
30

FRY GUY

Guilty pleasures like buffalo wings and french fries can be enjoyed without remorse thanks to the smart algorithms of **Breville**'s Smart Oven air fryer ($350). *Sur La Table, West Palm Beach, Boca Raton (surlatable.com)*

THE ENLIGHTENED ONE

Cold Brew Green TEA
2006 RIPE PUERH TEA
WHITE TEA
BLACK TEA
AGED MANDARIN RIPE PUERH TEA

HERBAL ESSENCE

Buy a ticket to a storied tea experience with the **Tea Tell Truth** Yunnan Tea Journey gift set ($60), which comes with two kinds of handpicked teas from Yunnan, China. *Tea Tell Truth, West Palm Beach (teatelltruth.com)*

NAMA-STAY

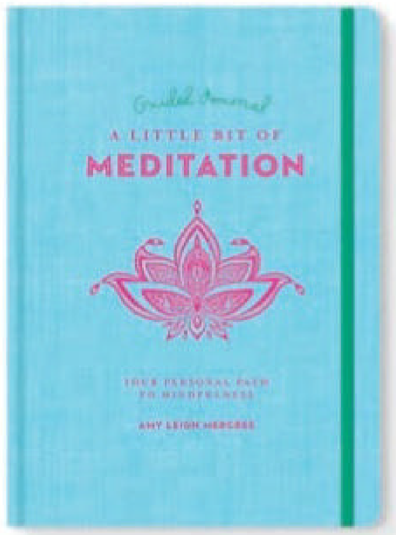
Filled with natural buckwheat hulls that can conform to any shape, **Halfmoon**'s Mod meditation cushion ($70) will make meditation sessions infinitely more comfortable. *Saks Fifth Avenue locations (saksfifthavenue.com)*

LEARN TO FLY

Robin Black Walder, owner of **BlackBird Jewelry**, works with clients to create custom 108-bead malas ($140) from her collection of woods, gemstones, and sculptural medallions. *BlackBird Jewelry, Jupiter (blackbirdjewelry.com)*

HAVE MAT WILL TRAVEL

Help your favorite yogis maintain focus with **Sidney Byron**'s Free Spirit mat bag ($88), featuring a cotton shell and containing a mantra to keep them grounded. *Fitness Hub, West Palm Beach (fitnesshubshop.com)*


Guided Journal
A LITTLE BIT OF
MEDITATION
YOUR PERSONAL PATH TO MINDFULNESS
AMY LEIGH MERCREE

LEAD THE WAY

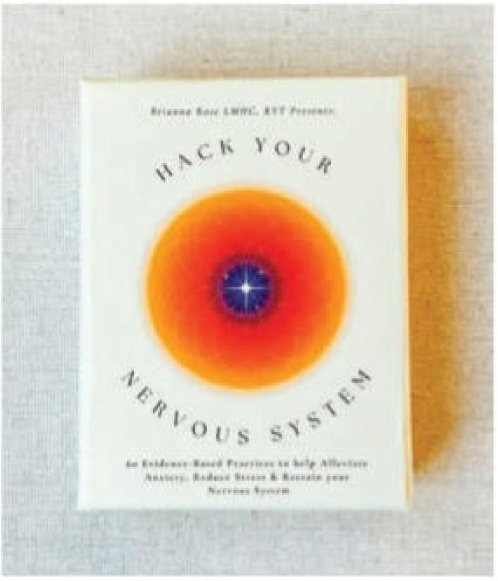
Guided prompts in **Amy Leigh Mercree**'s *A Little Bit of Meditation Guided Journal: Your Personal Path to Mindfulness* ($13) will help them identify their meditation style and begin their practice. *Barnes & Noble locations (barnesandnoble.com)*

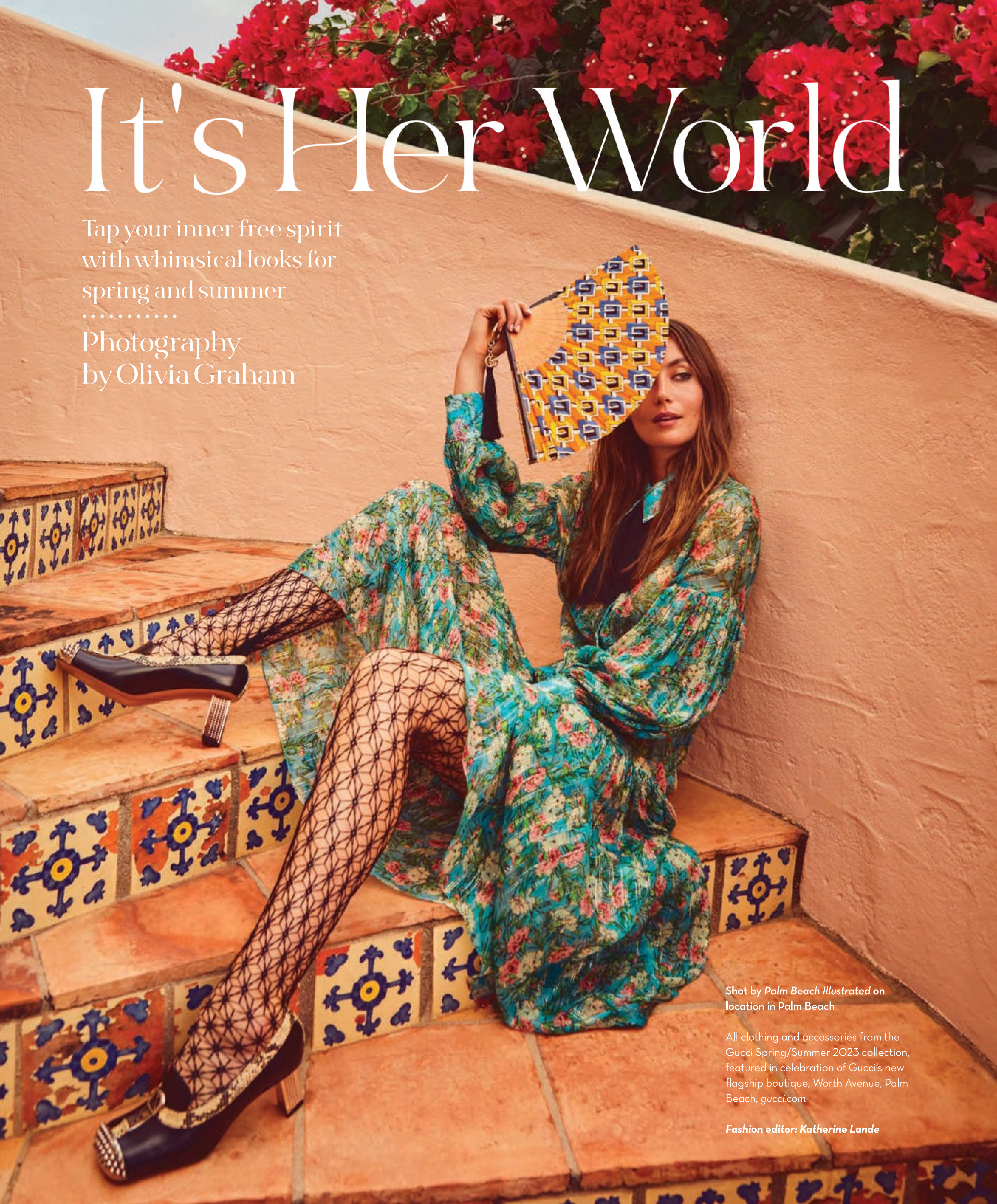
GONE WITH THE WIND

Used for centuries for their cleansing properties, the sage, palo santo, and selenite in this ethically sourced bundle ($16) from **Willow and Raven** can aid in clearing a home of stagnant or negative energy. *(willowandraven.com)*

CHEAT SHEET

Designed by licensed mental health counselor **Brianna Rose**, the Hack Your Nervous System card deck ($26) shares easy-to-follow insight into ways to reduce stress and anxiety. *Palm Beach Athletic Wear & Yoga Studio, Juno Beach (yogapbaw.com)*


HACK YOUR
NERVOUS SYSTEM



It's Her World

Tap your inner free spirit with whimsical looks for spring and summer

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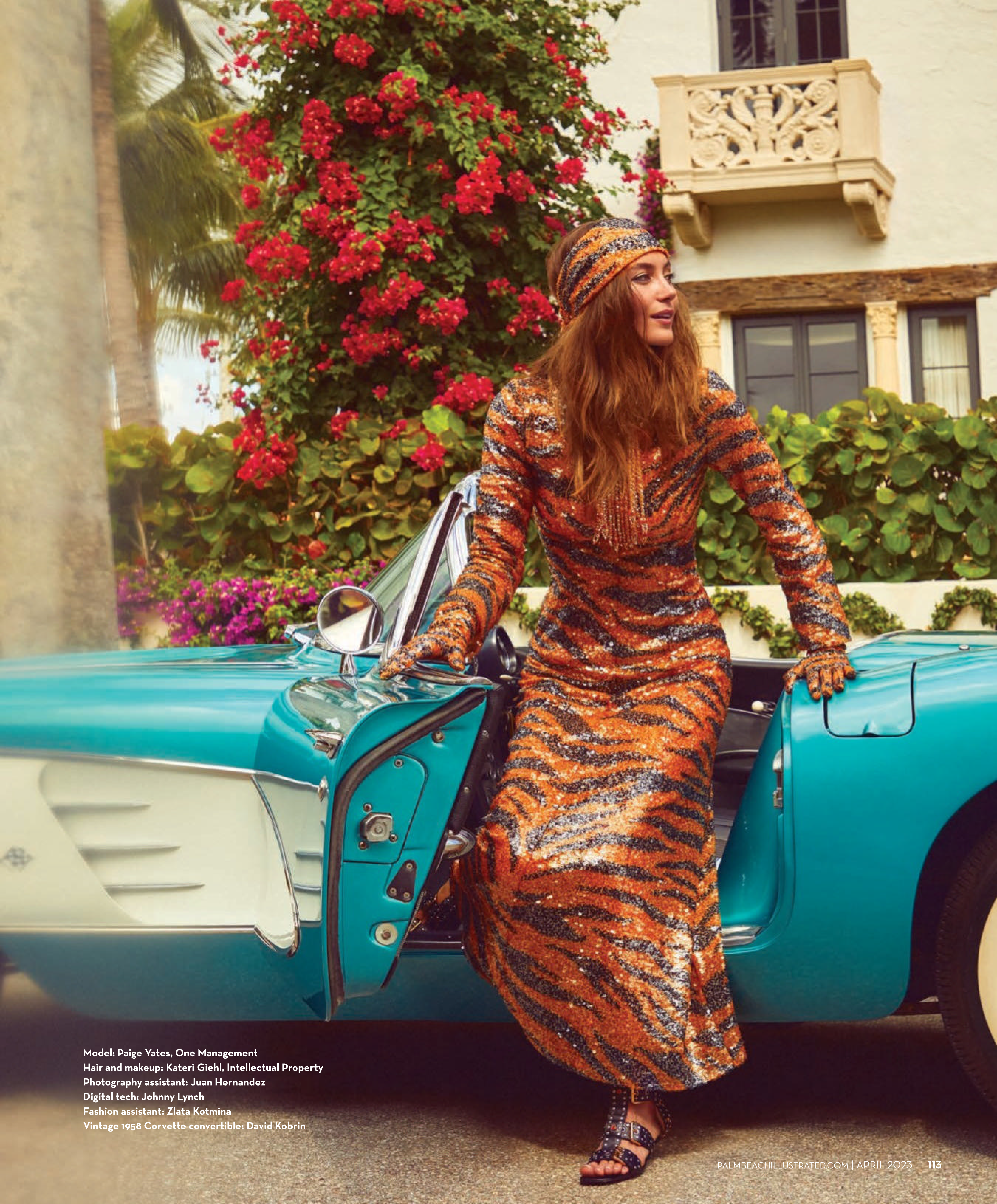
Photography by Olivia Graham

Shot by *Palm Beach Illustrated* on location in Palm Beach

All clothing and accessories from the Gucci Spring/Summer 2023 collection, featured in celebration of Gucci's new flagship boutique, Worth Avenue, Palm Beach, *gucci.com*

Fashion editor: Katherine Lande

GUCCI



Model: Paige Yates, One Management
Hair and makeup: Kateri Giehl, Intellectual Property
Photography assistant: Juan Hernandez
Digital tech: Johnny Lynch
Fashion assistant: Zlata Kotmina
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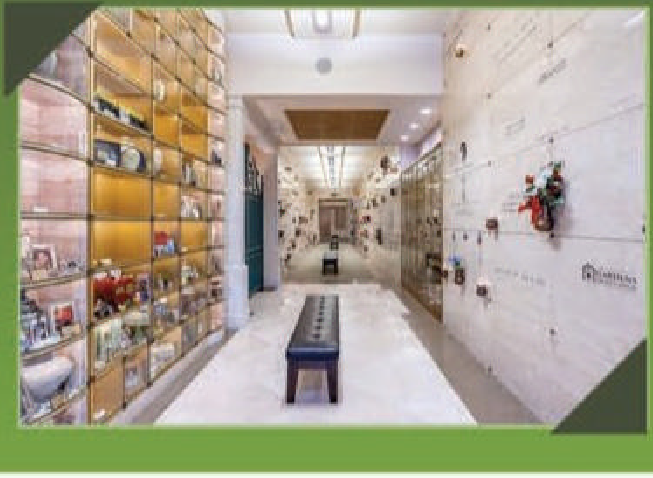

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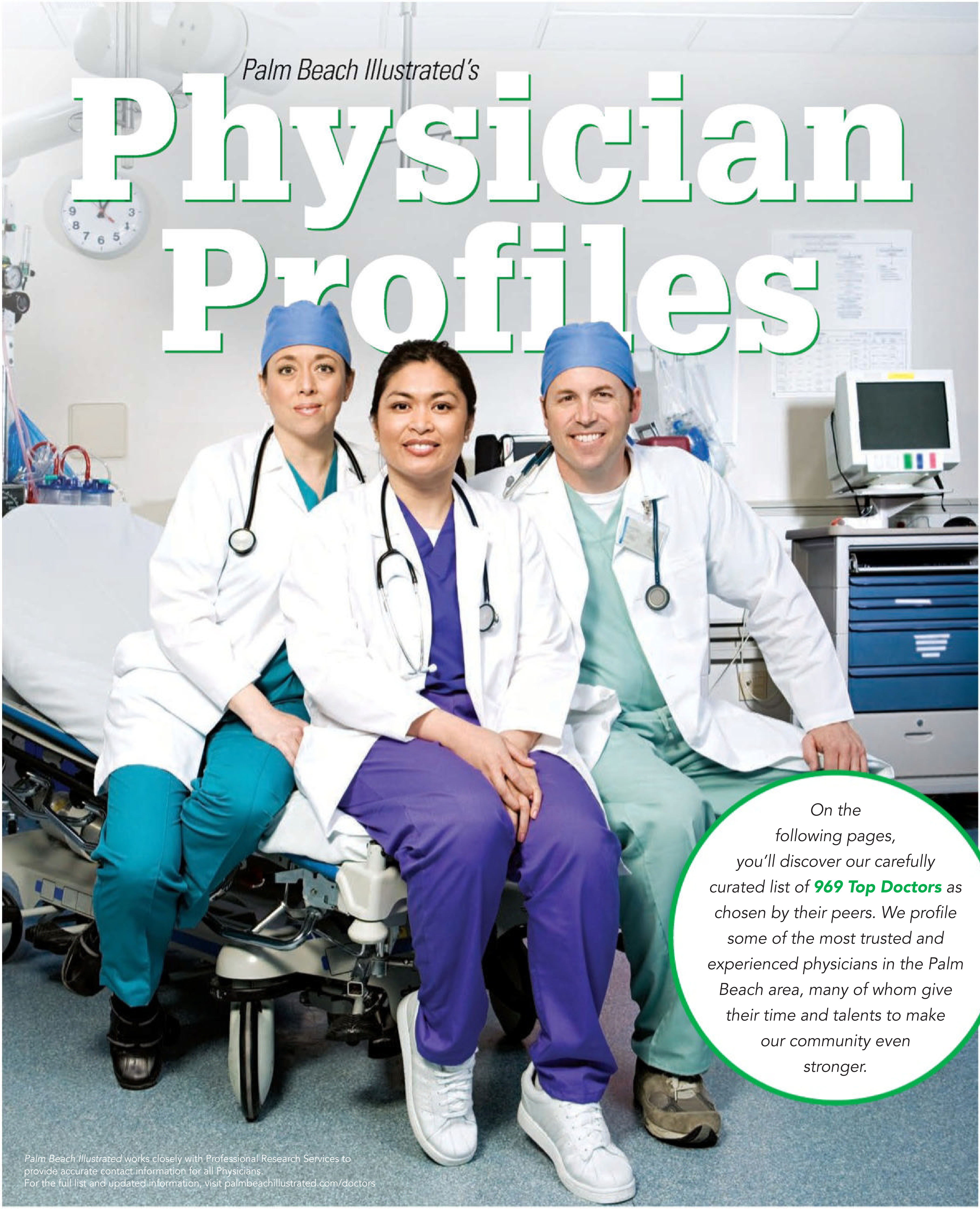

On the following pages, you'll discover our carefully curated list of ***969 Top Doctors*** *as chosen by their peers. We profile some of the most trusted and experienced physicians in the Palm Beach area, many of whom give their time and talents to make our community even stronger.*

Palm Beach Illustrated works closely with Professional Research Services to provide accurate contact information for all Physicians.
For the full list and updated information, visit palmbeachillustrated.com/doctors

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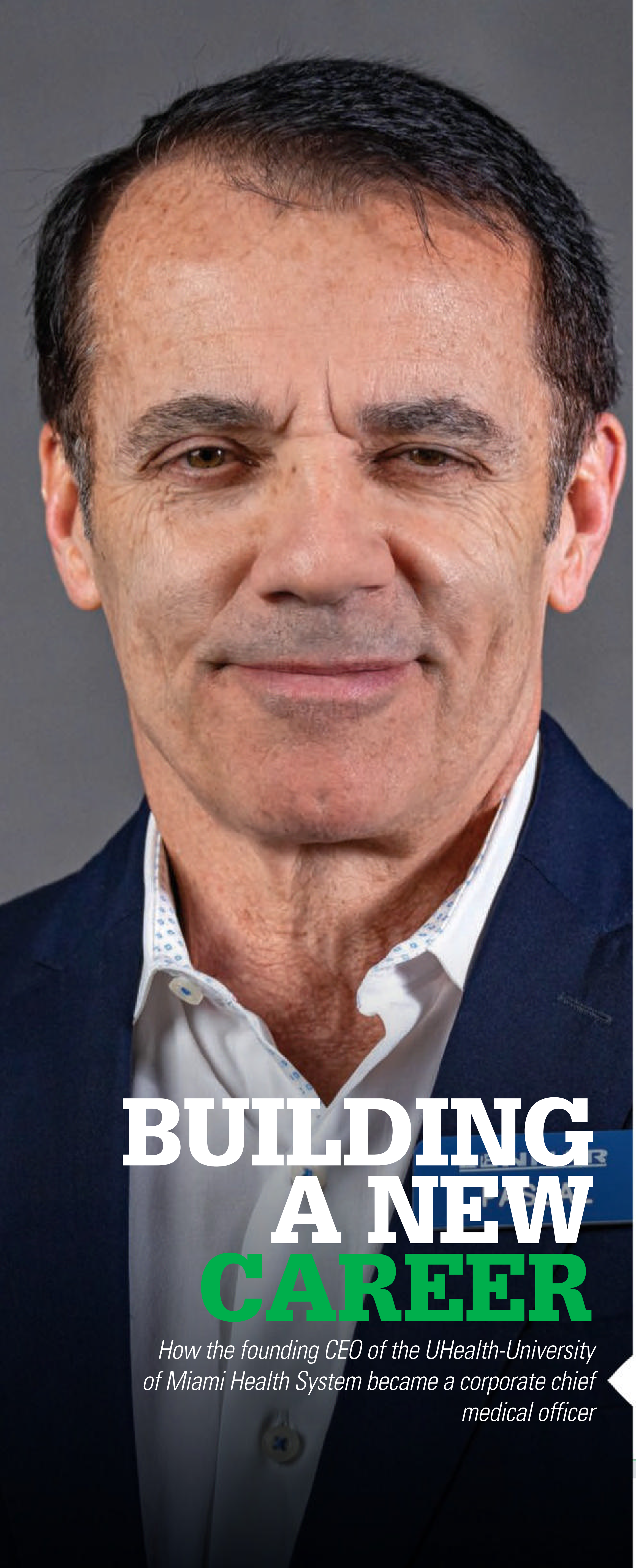
ABOUT THE LIST

Medical decisions are some of the most important choices our readers make. In an effort to provide the best medical information available, *Palm Beach Illustrated* has enlisted a professional marketing company, Professional Research Services of Troy, Michigan to identify the Top Doctors in Palm Beach County. Together we surveyed licensed physicians, asking them to reveal the best medical professionals in our area. These Top Doctors have been scrutinized for the legitimacy of their licenses as well as their status with the Florida Department of Health. While there are outstanding professionals who aren't listed here, we hope you'll give these doctors special consideration when choosing a medical professional.

PRS PROFESSIONAL RESEARCH SERVICES



BUILDING A NEW CAREER

How the founding CEO of the UHealth-University of Miami Health System became a corporate chief medical officer

Dr. Pascal J. Goldschmidt-Clermont retired from an esteemed career as a dean, senior vice president, professor, and researcher at the University of Miami and as founding CEO of the UHealth-University of Miami Health System, winding down in 2018.

However, retirement was cut short for the internationally renowned cardiologist and cardiovascular researcher in March 2020, when Goldschmidt-Clermont's phone rang while he was visiting an Iowa university. It was Stuart Miller, executive chairman of home construction company Lennar Corporation, who explained that a Lennar associate in Seattle had been among the first cluster of Americans to die of COVID-19. Of course, the doctor knew the Miller family—founders of the University of Miami Leonard M. Miller School of Medicine where Goldschmidt-Clermont had been dean.

"They wanted someone with knowledge of medicine to navigate the pandemic," recalls Goldschmidt-Clermont, who likely became the first chief medical officer for a homebuilder nationally. Lennar created a daily survey to determine if an associate had symptoms and developed five pillars for boosting immunity: quality sleep, exercise, an anti-inflammatory diet, stress management, and avoidance of harmful behaviors, such as alcohol abuse.

"We were able to keep people safe," Goldschmidt-Clermont says. "Homebuilding is an essential function in the U.S.; people need homes. You can't stop and close up shop."

Now Goldschmidt-Clermont focuses on providing medical management to Lennar's 11,000 associates and their families by offering advice on navigating health care, providing information on various conditions, and helping them locate a top-rated center or specialist. "Safety and health are the No. 1 priority of the company," he adds.

He admires how Miller, a key supporter of the annual Dolphins Challenge Cancer fundraiser for the Sylvester Comprehensive Cancer Center, is focused on health beyond the company. Goldschmidt-Clermont participates on Miller's 100-mile cycling team—and they cross the finish line together. "We're not professional cyclists," he notes. "We train for it, and we do it."

At UM, Goldschmidt-Clermont researched genomics and cell therapy for the prevention, diagnosis, and treatment of coronary artery disease, amyotrophic lateral sclerosis (Lou Gehrig's disease), diabetic wounds, and other conditions. A native of Belgium, Goldschmidt-Clermont received his medical degree (as a valedictorian) from the Université Libre de Bruxelles and completed his residency in Brussels at Erasme Academic Hospital and in the United States at Union Memorial Hospital and as well as a cardiology fellowship at Johns Hopkins University. He established the Heart and Lung Research Institute at the Ohio State University College of Medicine and Public Health before making his mark at Duke University.

Goldschmidt-Clermont joined UM in 2006 and wanted to give back in retirement, so he helped to build a hospital in Marrakesh, Morocco, from 2018 to 2020. The pandemic stalled its opening, which is expected this year.

"I've been very lucky my entire career," Goldschmidt-Clermont concludes. "They were wonderful experiences," but serving as CMO for Lennar "is particularly special. I call myself the doc for 18,000 [associates and their families]. I've developed relationships that are unique, among the most rewarding interactions in my life. I enjoy spending time interacting, dealing with issues, and helping any way I can." *—Cathy Chestnut*

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THE ROCK DOC IS IN

Arthur Katz fixes hearts—and gives some out —at Jupiter Medical Center

To physicians, Dr. Arthur Katz is a national leader in off-pump coronary artery bypass surgery. To his colleagues at Jupiter Medical Center, he is known as the pulse of the cardiac surgery program. To his patients, he is known as the "Rock Doc"—not because he prefers to listen to rock music in the operating room, but because he has figured out how to combine two passions: heart surgery and rocks.

Long before Katz attended medical school, on an unusually warm New York Thanksgiving Day, he stumbled upon a piece of coquina. From that moment on, he was hooked on rocks and started his collection. "I'm a firm believer that it's important to keep the mind active, and the best way to do that is with a hobby," Katz says. "My hobby has always been collecting minerals, fossils, and gemstones."

A collection 50 years in the making, it's now housed in a special area of his medical office called the "rock room." The collection has grown from a single piece of coquina to thousands of brightly colored precious and semiprecious stones, fossils, and minerals divided into smaller collections, including one known as "heart stones."

The heart stone collection contains a variety of natural and manually shaped semiprecious stones in the shape of a heart—some even in the shape of an anatomical heart. But items in this collection don't last long, as it's specifically curated for his heart surgery patients.

Each heart surgery patient is gifted a heart stone in the color or mineral of their choice, with blue- and red-hued stones being the most popular. The heart stone comes in a stunning heart-shaped container accompanied by a neatly typed description of the gemstone, detailing its metaphysical properties.

"Anyone who has had heart surgery has been through a life-changing experience," Katz says. "It was my wife's idea to give my heart surgery patients a special gift, and a symbol of their new heart. The heart stone is the perfect way to do that, while also sharing both of my passions with my patients."

Katz graduated with honors from New York Medical College and completed his residency in general surgery and fellowship in cardiothoracic surgery at New York University Medical Center. He has more than 25 years of experience performing coronary artery bypass grafting, a procedure used to treat blockages of the blood vessels that supply the heart muscle with blood and oxygen. The Rock Doc is recognized as a leading expert in off-pump coronary artery bypass, in which the heart continues to pump blood without assistance throughout the surgery.

CARDIOLOGY *(cont.)*

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GRACE IN ADVERSITY

Dr. Jay B. Peitzer provides comfort and care for dying patients and in the aftermath of natural disasters

Jay Peltzer MD
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trustbridge

Dr. Jay B. Peitzer has put his medical degree into action in various ways, first in emergency medicine for 15 years before shifting his focus to hospice care for the past 31 years.

Last year, he was honored as the Palm Beach County Medical Society's Physician Hero of the Year for something else: his two decades of volunteer service on the FL5 Florida Disaster Medical Assistance Team (DMAT), which is managed under the U.S. Department of Health and Human Services. As the chief medical officer of the unit comprised of Palm Beach, Broward, and Miami-Dade County doctors, nurses, physician's assistants, paramedics, and logistical staff, Peitzer jumps into the heart of disaster zones and on special assignments. He deployed on eight coronavirus pandemic missions beginning in February 2020, when he was dispatched to Japan with a different team to aid sick Americans aboard the *Diamond Princess* cruise ship (the subject of an HBO documentary called *The Last Cruise*).

Peitzer is awed by the experiences and opportunities that DMAT has provided—from taking care of VIPs in Washington, D.C., to rendering aid in a flooded Houston—but he is more profoundly moved by the people he meets. "All the storms are different, but the human strength remains the same," says Peitzer, who's been a palliative medicine specialist at Trustbridge Hospice Care since 2016. "It's such an incredible experience to help people in their time of need."

DMAT is typically made up of 35 volunteers, who set up a base of operation in devasted areas, usually for two-week durations. After Hurricane Ian struck Lee County in September 2022, they slept in conference rooms at Cape Coral Hospital and handled hundreds of emergency cases in a *MASH*-like unit in the parking lot. "You get to be close to your teammates when you're 6 inches away," Peitzer notes.

What specialized tools does Peitzer have for handling a range of traumas with grace? "I've always been pretty analytical, but I've had to work on being calm most of my career. That comes with being seasoned. All I've seen, experienced, and accomplished, after a while it builds on itself."

After attending medical school at Universidad Autónoma de Ciudad Juárez in Mexico, Peitzer finished his education with internships and residencies in Baltimore through the University of Maryland before moving to South Florida in 1985. He was running an urgent care clinic when a hospice representative informed him that their organization was seeking a compassionate doctor to administer end-of-life palliative care. "One of my favorite things as an emergency room doctor was alleviating pain and suffering," he says. "In hospice care, I get that opportunity to help people with not only medicine but words."

Of earning the Palm Beach County Medical Society award, Peitzer says: "It's nice to be recognized, but I found it kind of embarrassing. I work with dynamic people and like to work behind the scenes." *—Cathy Chestnut*

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BAUMAN
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Alan J Bauman, MD
Hair Transplant Surgeon

ALAN J. BAUMAN, MD, ABHRS

BAUMAN MEDICAL HAIR TRANSPLANT & HAIR LOSS TREATMENT CENTER
1450 S. Dixie Hwy.
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Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated more than 33,000 patients, has performed more than 12,000 hair transplant procedures and more than 12,000 PRPs since starting his medical hair loss practice, Bauman Medical in 1997. Bauman Medical is a 12,000 square foot, state-of-the-art "hair hospital" located in Boca Raton, Florida.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS), is a member of the International Alliance of Hair Restoration Surgeons and is recommended by the American Hair Loss Association. Bauman is a Fellow of the International Society of Hair Restoration Surgery.

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive Follicular Unit Extraction (FUE), VIP|FUE™ No-Shave Hair Transplant, Low-Level Laser Therapy, Platelet Rich Plasma (PRP), PDOgro™, Eyelash Transplants and his latest needle-free, pain-free treatment for hair shedding and hair loss, TED (TransEpidermal Delivery).

TED is a revolutionary, non-invasive hair growth treatment for hair shedding, hair loss, and hair thinning. TED uses an ultrasound-based system that uses sound waves and air pressure to enhance the penetration of a powerful topical hair growth formula into the scalp. This combination is designed to increase blood flow, optimize scalp health, and stimulate hair follicles to produce thicker, stronger, healthier hair.

Dr. Bauman was voted "No. 1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 7th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by *Forbes* as a "Top 5 Transformational CEO" and one of "10 CEOs Transforming Healthcare in America."

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HEART & VASCULAR CARE At JFK Medical Center
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HEART
Jack Zeltzer MD, FACS

BRIAN KELLY, MD
ROLLA ZARIFA, MD
JACK ZELTZER, MD

VASCULAR DIVISION OF FLORIDA HEART AND VASCULAR CARE AT JFK MEDICAL CENTER

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The vascular system is like a giant live oak with a sturdy trunk, strong main branches, and smaller branches extending to the peripheral leaves. Each part needs to be nourished and maintained.

The saying when it comes to the oak—"growth is progress and progress is growth" —is also true in the treatment of vascular disease and maintenance of vascular health. Florida Heart and Vascular Care at JFK Medical Center is proud to announce an advance in the growth and progress of its vascular division with the addition of Drs. Brian Kelly and Rolla Zarifa. They have brought their specialized expertise for addressing complex aspects of the vascular trunk, the aorta, which carries blood to the rest of the body through increasingly smaller branches and vessels.

This expertise enhances the care team's ability to treat critical limb ischemia (CLI) to avoid amputations using minimally invasive techniques and minimizing surgical incisions. Minimally invasive techniques are also applied to cerebrovascular disease and stroke prevention with newer and safer stent placement procedures.

By staying abreast of the latest technology, the vascular team has replaced classical open-surgical techniques that use large incisions and often involve extended hospitalizations and rehabilitation with less-invasive procedures such as balloon angioplasty, stent placement, atherectomy, and laser therapy to treat blocked or narrowed arteries in the neck, legs, and elsewhere, in addition to aneurysms.

They also treat venous disease ranging from swollen or "tired" legs to the more advanced conditions of varicose veins, consequences of phlebitis (deep vein thrombosis), and ulcerations with state-of-the-art procedures. The doctors are also involved in the creation and maintenance of access sites for renal patients on dialysis.

Great advances have been made in life- and limb-saving techniques but one size does not fit all. Each care plan is individualized. The doctors determine which tools and treatments will yield the best results for each patient.

The specialists at Florida Heart and Vascular Care at JFK Medical Center work as a team, delivering compassionate care with the best tools available. Most evaluations can be done in-office, minimizing time and patient disruption. Improve your quality of life and vascular health by scheduling an appointment today.

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Drs. Brian and Andrea Hass—the husband-wife plastic surgery team—and their newest plastic surgeon, Dr. Kandace Kichler are honored to be awarded in the Top Doctors of Palm Beach again this year.

The superior education and training these doctors have received is impressive. Dr. Brian Hass, a board-certified plastic surgeon, did general surgery residency and plastic surgery training in the Northeast at Pennsylvania Hospital and New York-Presbyterian in New York City. His specialties are facelifts, rhinoplasties, and cosmetic breast surgery. Complementing that is, Dr. Andrea Hass's expertise for eyelid and brow lift surgeries and her talents with facial injectables. Northeast trained at Philadelphia's Temple University Hospital for ophthalmology residency and Wills Eye Hospital for an oculoplastic fellowship, Dr. Andrea Hass has a keen understanding of the anatomy of the eye, allowing her to provide the delicate cosmetic enhancements with respect to important eye functions.

Dr. Kandace Kichler is a double board-certified cosmetic surgeon who joined the Hass team more than a year ago. Before training in cosmetic plastic surgery, Dr. Kandace was a board-certified weight loss surgeon. With her surgical training completed at the University of Miami, and her minimally invasive surgical fellowship at the Cleveland Clinic she is now a fellow of the American Academy of Cosmetic Surgery as well as the American College of Surgeons. Her expertise on the anatomy involved in tummy tucks, liposuction, skin removal, fat transfer, and cosmetic breast surgery is a natural fit to give the Hass Plastic Surgery team the continued honor in the Top Doctors category.

The surgeons at Hass Plastic Surgery, and their team of highly qualified master injectors and beauty professionals have grown to include offices in both Palm Beach Gardens and Wellington. "We've been blessed to be in Palm Beach for over 28 years," say the doctors. "We love what we do and are excited to grow with the South Florida area. Our patients are our best referrals, and they continue to allow us to do what we love—giving them beautiful outcomes that help them look as good as they feel!"

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Dr. Jonathan Courtney is a board-certified, orthopedic surgeon specializing in hip and knee reconstructive surgeries. After graduating the University of Miami with an honors distinction, Dr. Courtney attended the Sackler School of Medicine in Tel Aviv, Israel. He then completed an orthopedic surgery residency in Montefiore Medical Center in Bronx, New York. He went on to the prestigious Insall-Scott-Kelly Institute in Lenox Hill Hospital in Manhattan, New York.

Dr. Courtney has written numerous articles in the field of adult reconstruction and routinely lectures nationally and internationally on his expertise. He teaches orthopedic surgery residents as well as other surgeons how to perform complex hip and knee surgeries. He is a clinical affiliate associate professor of surgery at Florida Atlantic University.

Dr. Courtney takes care of his patients the same way he would want his family to be treated: with compassionate care. He strives to deliver not only the best outcomes for his patients, but the best service for them as well. Using evidence-based medicine combined with the latest technologies, Dr. Courtney provides his patients world-class care with a personalized touch.

Since moving to Boca Raton in 2016, Dr. Courtney has become the pre-eminent joint replacement surgeon in Boca Raton and across south Palm Beach, and north Broward counties, performing thousands of these complex procedures. He has helped make South Florida a leader in outpatient joint replacement surgery with his advanced protocols leading to superior outcomes for his patients. He is currently designing new prostheses which promise to revolutionize hip and knee replacement in the near future.

Dr. Courtney enjoys spending time with his family, coaching his sons' sports teams, watching the local professional and college sports teams, and the overall Florida lifestyle. He is very appreciative and humbled with the honor of "Top Physician in Orthopedic Surgery of Palm Beach County" and strives to continue to provide his community the best orthopedic care possible.

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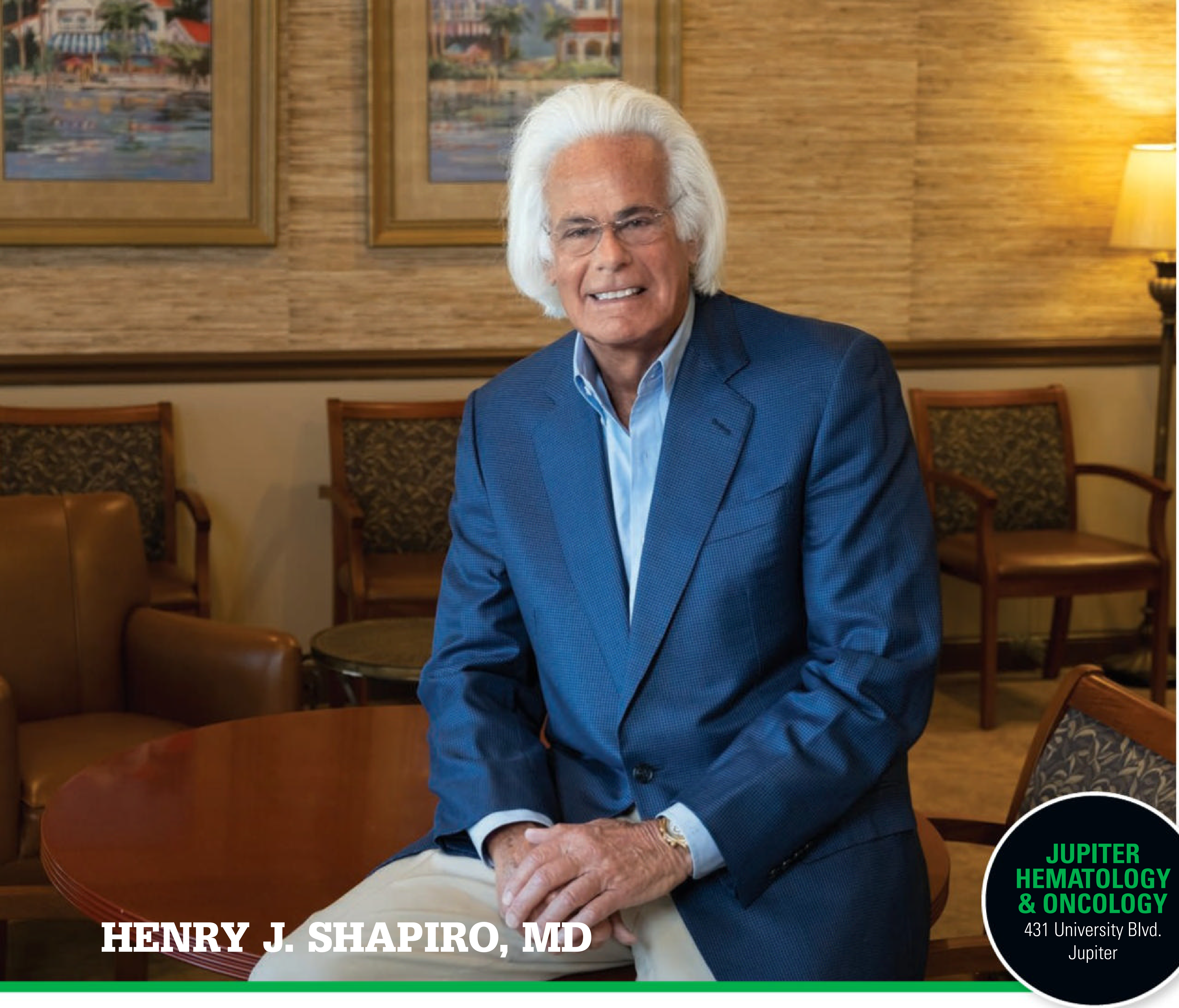

HENRY J. SHAPIRO, MD

JUPITER HEMATOLOGY & ONCOLOGY

431 University Blvd.
Jupiter

Dr. Henry Shapiro has practiced Hematology and Oncology in the Jupiter area for more than 40 years and was instrumental in the development of the Comprehensive Cancer Center at Jupiter Medical Center as its first medical director in the oncology department. He continues to be one of the more senior members on staff at JMC and has close relationships with a team of experienced multispecialty physicians that assist him in the care of his patients.

Utilizing cutting-edge immunotherapy and targeted therapy, he incorporates genetic/molecular sequencing to determine treatment modalities. Dr. Shapiro offers traditional personal medical care without the need for ancillary staff managing care. He has a specific interest in lung cancer, gastrointestinal tract tumors, urogenital malignancies, and melanoma. Dr. Shapiro's interest in hematologic disorders stems from the guidance of his mentor, the late Dr. William J. Harrington, renowned hematologist at the University of Miami. GenesisCare, Jupiter Hematology & Oncology's parent corporation, has just installed a new General Electric PSMA PET/CT scanner in his office at a cost of over $2 million to best serve the care of patients—especially those with prostate cancer. This scanner is the latest tool for medical oncologists to stage and treat patients with prostate cancer.

Conveniently located at the corner of Military Trail and University Boulevard in Jupiter, his large modern office has a complete in-office laboratory to obtain basic labs within minutes, an infusion center, and new PET/CT scanner. Dr. Gene Shieh, the practice's radiation oncologist, is only a short five-minute drive south of the main office. Dr. Shapiro takes great pride in practicing comprehensive and compassionate care in the Jupiter area.

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DAVID A. LICKSTEIN, MD, FACS
CRAIG M. FORLEITER, MD, FACS

LICKSTEIN PLASTIC SURGERY
5540 PGA Blvd., Suite 200
Palm Beach Gardens

In plastic surgery, natural-appearing results are predicated on the skill, training, and judgment of your surgeon. With a reverence for the art as well as the science of plastic surgery, board-certified plastic surgeons, Drs. David A. Lickstein and Craig M. Forleiter, have built their reputations on delivering consistently beautiful results, even for the most challenging cases.

Drs. Lickstein and Forleiter combine world-class training, innovative techniques, tremendous warmth, positive energy, and honesty with a sincere devotion to making a difference for their patients, peers, the specialty, and the community. Both Drs. Lickstein and Forleiter have been named "Top Docs" by their peers. Dr. Lickstein was elected by his peers to serve as chief of the department of surgery at Jupiter Medical Center. Dr. Forleiter is very active with the Young Professionals of Palm Beach North Chamber of Commerce.

Both doctors are recognized widely for their expertise and results as well as for their likeable nature and compassionate care. Dr. Lickstein has been recognized by Newsweek magazine as a Top 100 Plastic Surgeon in Breast Augmentation, Facelift, and Liposuction Surgery, the only plastic surgeon in the Palm Beaches to receive this honor. Dr. Lickstein has been a featured speaker at national meetings for The American Medical Spa Association and the American Society for Aesthetic Plastic Surgeons. His expertise has been featured on NBC, CBS, WebMD, and FOX, among others. Dr. Forleiter again will be the onsite physician at the Honda Classic in Palm Beach Gardens and is returning to his alma mater summer camp in New York as volunteer camp doctor for a week this summer.

In addition to achieving natural-appearing results in difficult revision breast and facial rejuvenation surgeries, Dr. Lickstein's practice includes a full range of aesthetic procedures as well as skin and breast cancer reconstruction. Like Dr. Lickstein, Dr. Forleiter achieves outstanding results in a wide range of aesthetic and reconstructive surgeries for both women and men, increasingly known for expertise in minimally invasive gynecomastia surgery to correct male breast enlargement and his interest in combining breast re-innervation with breast reconstruction after mastectomy.

For the past three years, readers of *The Palm Beach Post* have voted Lickstein Plastic Surgery a "Best of Palm Beach County" aesthetic practice.

Lickstein Plastic Surgery–world-class care in the welcoming atmosphere you deserve.

Lickstein
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top
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John F. Morrison MD, FAANS is a board-certified neurosurgeon who is extensively trained in matters relating to the spine, cerebrovascular neurosurgery, brain tumors, hydrocephalus surgery, and peripheral nerve surgery. Dr. John F. Morrison is one of few highly skilled in minimally invasive spine surgery. He attended Creighton University for medical school; then he continued his training at Boston University, Brown University, and University at Buffalo Neurosurgery.

As a fifth-generation physician, it was engrained in him the importance of caring for each patient as an individual not a number. Dr. John F. Morrison takes pride and feels a sense of added responsibility to try to work to find a solution for his patients. In 2019, he moved from New York to open the Morrison Clinic as a tribute to his great-grandfather, general surgeon O.C. Morrison, who opened in the early 1900s the first Morrison Clinic in Iowa. Since opening, Dr. Morrison has vast experience transforming the quality of life for patients with brain and spine conditions and has expanded to six locations in South Florida. Dr. Morrison accepts most insurances, worker's compensation, and legal cases. He sees patients from all over the state, country, and internationally. For his concierge patients, his practice facilitates transportation, lodging, surgical and post-surgical care, as well as follow-up.

Dr. Morrison performs endoscopic spine surgery, spinal fusions, brain (including pituitary), and spinal tumor excision, skull base surgery, microvascular decompression, eagle syndrome, and cerebrovascular neurosurgery.

Dr. Morrison is enthusiastic about teaching the next generation, he has joined as associate professor at both the Kiran C. Patel College of Allopathic Medicine at Nova Southeastern University and the SUNY Upstate Medical University. Additionally, Dr. Morrison is a member of AANS, CNS, and appointed to the Joint Section on Neurotrauma and Critical Care. He enjoys time with his family golfing, playing tennis, boating, traveling, and watching sports, especially the Badgers.

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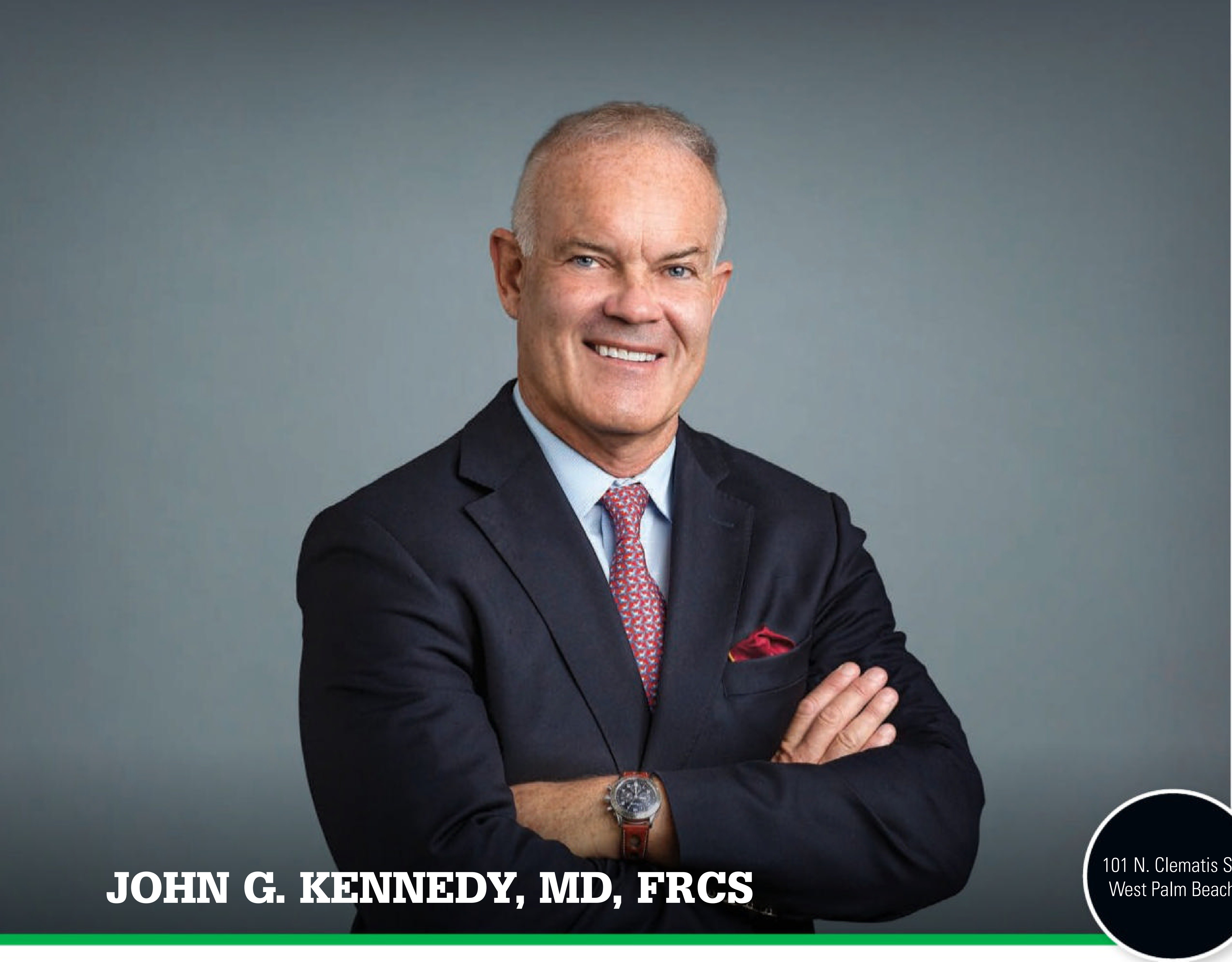

JOHN G. KENNEDY, MD, FRCS

101 N. Clematis St.
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Dr. Kennedy is a pioneering, world-renowned orthopedic surgeon and specialist in sports injuries, currently working in West Palm Beach and New York City. Dr. Kennedy is an international expert in cartilage regeneration and joint preservation and has trained hundreds of surgeons from more than 40 countries worldwide. Dr. Kennedy is recognized globally for his expertise in treating lower limb orthopedic conditions during a career spanning more than 20 years and is a fellow of the Royal College of Surgeons. Dr. Kennedy has published almost 300 peer-reviewed research studies and book chapters, conducted numerous clinical trials, and has given more than 2,000 presentations at national and international conferences.

Dr. Kennedy treats all conditions of the lower limb, from ankle ligament sprains to arthritis to complex deformities. Dr. Kennedy offers a diverse range of innovative treatment options to accelerate recovery and improve long-term outcomes including platelet rich plasma, fat cell treatments, and stem cell therapies.

Dr. Kennedy was one of the first surgeons in the world to perform groundbreaking in-office nano-arthroscopy. This cutting-edge surgical procedure uses the smallest, state of the art surgical instruments to diagnose and treat foot, ankle and knee injuries in the office setting. The use of local anesthetic permits the patient to observe their procedure in real-time without experiencing any pain. This allows the patient to truly understand the nature of their injury and become an active member of the team. The tiny incisions facilitate rapid recovery and return to daily and sporting activities with minimal downtime. In West Palm Beach, Dr. Kennedy performs in-office nano-arthroscopy procedures at the world's first dedicated nano-arthroscopy suite.

As one of the founding members of the International Society on Cartilage Repair of the Ankle (ISCRA), Dr. Kennedy has helped pioneer innovative technologies to prevent cartilage degradation. The ISCRA is comprised of a cohort of leading experts in cartilage regeneration from over 40 countries and has established universal treatment strategies for ankle cartilage injuries.

Dr. Kennedy's breadth of experience, extensive research background and relentless dedication allows him to provide the highest level of care for his patients.

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PALM BEACH ORTHOPAEDIC INSTITUTE
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Palm Beach Orthopaedic Institute has been providing excellent care for its orthopaedic patients for a number of years. We'd like to highlight two of the physicians voted as top doctors.

Dr. Brian W. Hill is a board-certified shoulder and elbow specialist. Dr. Hill completed his shoulder and elbow fellowship at the world-renowned Thomas Jefferson/Rothman Orthopaedic Institute. There, he learned the most advanced techniques in modern reconstructive and arthroscopic shoulder and elbow surgery from many of the world's experts.

Dr. Hill specializes in the comprehensive management of shoulder and elbow conditions. He is an assistant team physician for the Washington Nationals baseball team. He utilizes both arthroscopic and open techniques to treat various shoulder and elbow disorders including arthritis, sports injuries, instability, and fractures. Dr. Hill has a particular interest in complex shoulder issues, massive rotator cuff tears, or failed previous surgery.

During his career, Dr. Hill has authored and published numerous peer-reviewed articles and book chapters relating to shoulder and elbow conditions. He focuses on treating patients with evidence-based medicine, but most importantly he uses clear communication and compassion so he and his patients can make shared decisions for the best treatment options.

Dr. Andrew Noble specializes in knee and hip replacement surgery. He is a board-certified orthopaedic surgeon that completed a fellowship from the Harvard School of Medicine. He's practiced for more than 16 years and is a recognized leader in joint replacement. By using the latest surgical techniques, his patients experience a rapid recovery with smaller scars and less pain.

Dr. Noble has many years of experience with robotic-assisted partial and total knee replacement. He performs muscle-sparing direct anterior total hip replacements and is a teaching consultant for other surgeons. He developed a program that significantly reduces or eliminates narcotic pain medications and performs outpatient joint replacement, allowing patients to go home the same day.

He was selected with several other surgeons to help launch a new high-performance knee replacement before its official release in 2023. This new technology provides greater satisfaction with a more natural feeling knee.

Be assured, when you or your loved one requires knee or hip replacement surgery, Dr. Noble and team will provide exceptional, personalized care.

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MARK PINSKY, MD

PINSKY PLASTIC SURGERY
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Palm Beach Gardens

Dr. Mark Pinsky has long been considered the optimal choice for South Florida residents seeking subtle, yet striking, plastic surgery results. A board-certified surgeon with more than 20 years in practice, Dr. Pinsky consistently provides patients from various walks of life (including stay-at-home moms as well as professional models and celebrities) with natural-looking, long-lasting effects that enhance both their appearance and self-esteem.

Dr. Pinsky's exceptional work has earned him numerous recognitions: Palm Beach County's "Best of the Best" award, several consecutive years of Castle Connolly®'s Top Doctors Award, the Top Doctor Award by this publication, and others. Dr. Pinsky is a diplomate of the American Board of Plastic Surgery (ABPS) and member of several other prestigious boards and societies, such as The Aesthetic Society (formerly known as the American Society for Aesthetic Plastic Surgery, or ASAPS), and the American Society of Plastic Surgery (ASPS).

At his Palm Beach Gardens practice, Dr. Pinsky limits his practice to cosmetic surgery with a specific emphasis on breast augmentation with breast lift, revision breast augmentation, facelift and neck lift surgery, eyelid surgery, and an array of body contouring procedures.

As one of Allergan's top accounts in the country, Dr. Pinsky and his professional team offer a full complement of non-surgical treatments, from injectable dermal fillers and neuromodulators to Avéli™ for cellulite removal, Emsculpt Neo® for muscle tightening, CoolSculpting® to melt fat away, and so much more.

In addition, Dr. Pinsky recently developed the exciting and innovative Pinsky Profile™, an office-based, minimally invasive alternative to facelift surgery that combines various advanced methods to sculpt and tighten the lower face, jowls, and neck. His commitment to continuing education allows him to stay up to date with the latest advances in the industry.

Due to Dr. Pinsky's keen artistic eye, meticulous surgical skill, and compassionate bedside manner, patients in his care can expect the very best that cosmetic surgery has to offer.

To learn more about his practice or schedule a first-time consultation, Dr. Pinsky welcomes patients to contact Pinsky Plastic Surgery by calling 561-881-8800 or visiting pinskymd.com.

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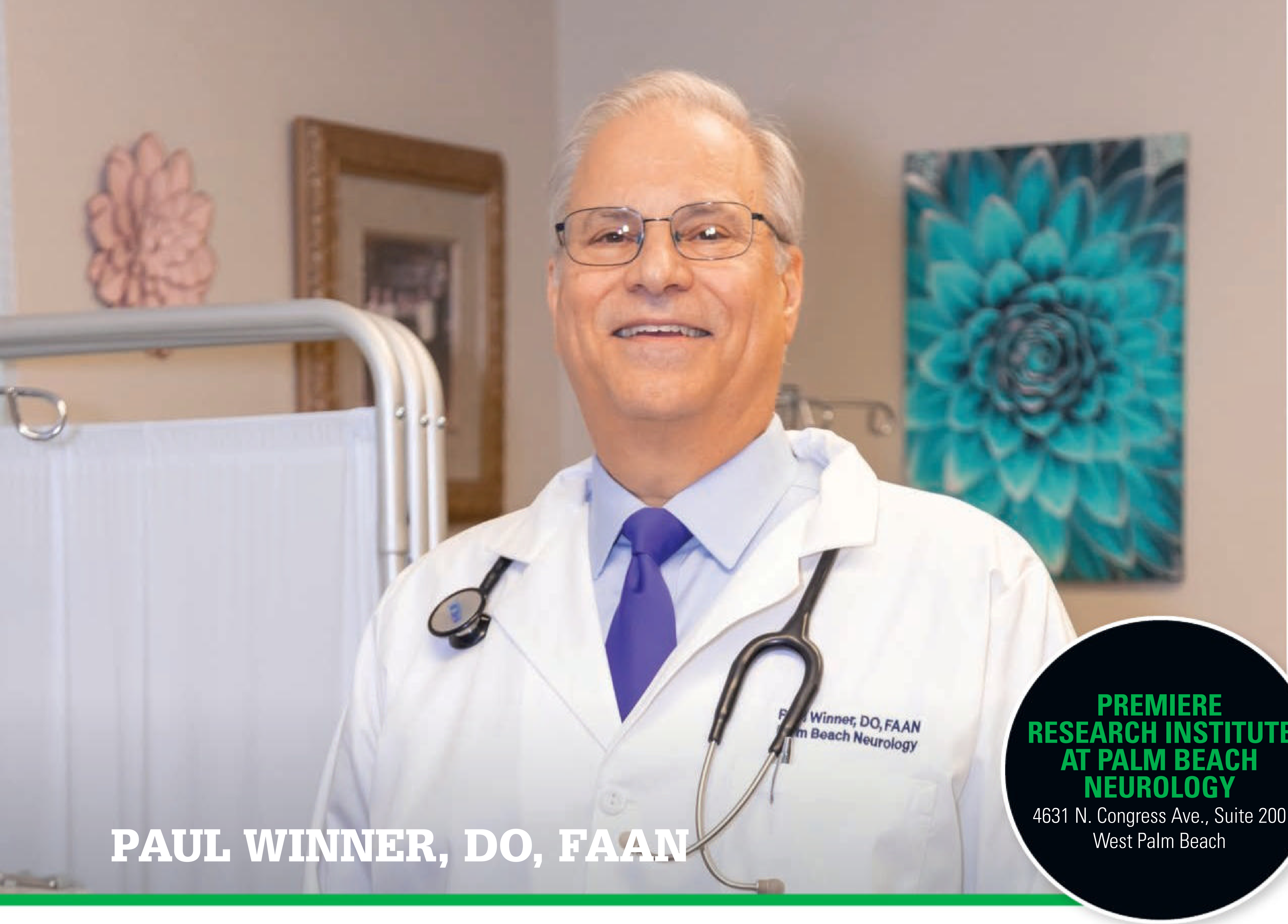

PAUL WINNER, DO, FAAN

PREMIERE RESEARCH INSTITUTE AT PALM BEACH NEUROLOGY

4631 N. Congress Ave., Suite 200
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Paul Winner, DO, FAAN, is a dedicated neuroscience researcher and clinical neurologist, with more than 25 years of experience, serving as the senior director of Premiere Research Institute and attending neurologist at Palm Beach Neurology. As a principal investigator for numerous clinical trials, he is instrumental in introducing new treatments for mild cognitive impairment and Alzheimer's disease. His trials with the breakthrough-treatments Aducanumab and Lecanemab have recently received FDA conditional approval. Other monoclonal antibodies like Donanemeb, Remternetug, and Pepinemab are currently under study at Premiere Research Institute along with other promising agents as part of the effort to prevent and treat Alzheimer's disease.

Dr. Winner is focused on:

- The most innovative, proven treatments available for memory loss
- Leading-edge research and breakthrough clinical trials
- Life-changing therapies to optimize outcomes

Dr. Winner along with Carl Sadowsky, MD, FAAN, are part of an eight-person board-certified neurology practice delivering advanced diagnostic and neurological treatment solutions to the local community.

He is widely published and a national speaker to both the medical community and the public. Dr. Winner is an active member of multiple medical organizations and has served in various elected positions, including serving as a past-president of Florida Society of Neurology.

Are you or someone you know:

- Increasingly forgetful or not as sharp as you used to be?
- Experiencing memory loss?
- Worried about developing Alzheimer's?

Contact Information:

- Research options and free educational resources: Call 561-851-9400 or visit premiereresearchinstitute.com
- Clinical evaluation: Call 561-845-0500 or visit palmbeachneurology.com

Dr. Winner received his medical degree from the New York College of Osteopathic Medicine. He completed residencies in pediatrics and neurology at the Albert Einstein College of Medicine, New York. He completed a neuromuscular fellowship in the department of neurology at Cornell University Hospital for Special Surgery, New York. He served as assistant professor of neurology at the Montefiore Headache Center, New York. He is a diplomat of the American Board of Psychiatry and Neurology with special competence in child neurology. He is a fellow of the American Academy of Neurology.

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Dr. Osborn is an NYU-trained board-certified neurological surgeon. He is dually certified in anti-aging and regenerative medicine and holds a certified strength and conditioning specialist (CSCS) honorarium from the National Strength and Conditioning Association. Dr. Osborn is the section chief of neurosurgery at St. Mary's Medical Center (level I trauma center). His neurosurgical practice is geared almost exclusively toward managing brain and spine-injured patients. Dr. Osborn has performed many thousands of neurosurgical procedures in his more than 20-year career.

While Dr. Osborn is passionate about neurosurgery, he would rather show people how to stay well—age well—than to operate on them after the fact. His proactive, not reactive, stance undermines the treatment regimen at Senolytix, LLC, where disease prevention is primary. Dr. Osborn believes that everyone has the capacity to extend their healthspan, or the period of life spent in good health, free from the chronic diseases and disabilities of aging. It starts with the knowledge that is imparted to the patients at Senolytix. According to Dr. Osborn, "Doctors are first teachers, and we should be examples for our patients." As a former bodybuilder and state record holder in deadlifting, Dr. Osborn truly walks the talk. He is also a prolific writer, a former columnist for *Iron Man Magazine*, and the author of the highly acclaimed 2014 book, *Get Serious, A Neurosurgeon's Guide to Optimal Health and Fitness*. According to Dr. Osborn, the central tenet of the book is "This is your life, your health. There is nothing more important." He adds, "That is what Senolytix is all about."

SENOLYTIX
BY DR OSBORN

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PALEY ORTHOPEDIC & SPINE INSTITUTE
901 45th St., Kimmel Building,
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Dr. Dror Paley is the founder, director, and CEO of the Paley Orthopedic & Spine Institute. He is one of the most respected, published, and famous orthopedic surgeons in the world today and has performed more than 25,000 surgeries, innovated more than 100 new surgical procedures, holds numerous patents, and developed most of the latest implants used for limb lengthening and deformity correction. The Paley Institute boasts a 20-surgeon dream team of orthopedic surgeons, neurosurgeons, and pain specialists—all the best of the best in each of their subspeciality areas.

As part of this larger group, Dr. Paley's personal practice specializes in pediatric orthopedics and limb reconstruction and is shared by the four members of the Paley Team, which includes Dr. Robbins, Dr. Shannon, and Dr. Miller—all pediatric orthopedic surgeons personally trained by Dr. Paley. They treat patients from 50 states and 100 countries. The Paley Team is the largest medical tourism orthopedic practice in the country. They operate on three continents: at St. Mary's Medical Center in West Palm Beach; Paley European Institute in Warsaw, Poland; and Paley Middle East Clinic, Abu Dhabi, United Arab Emirates. While they are in demand by patients from all over the world, they love providing their world-class services to the residents of Palm Beach County. Dr. Craig Robbins joined the Institute 10 years ago after spending 10 years at the University of Mississippi. Dr. Claire Shannon has been at the Institute for four years, previously working at Johns Hopkins Hospital in Baltimore. Dr. Katherine Miller has been at the Institute for a year after working at Seattle Children's Hospital.

From the simplest common problems like fractures and sprains to the most complex and rare upper or lower limb pediatric and adult deformities, the Paley Team does it all with a smile and great pride in their work. This superstar team of two male and two female orthopedic surgeons, offers cutting-edge knowledge and technology, superior technical skills, a caring bedside manner, and teamwork to produce the best possible results for its patients.

Paley ORTHOPEDIC & SPINE INSTITUTE
at St. Mary's Medical Center

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DAVID FELDMAN, MD
AARON HUSER, DO
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PALEY ORTHOPEDIC & SPINE INSTITUTE
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A beacon of hope at the center of excellence for specialized pediatric orthopedic care is in West Palm Beach, Florida. Dr. David Feldman leads a world-renowned team of the top pediatric orthopedic surgeons: Drs. Aaron Huser and Arun Hariharan. Together they continue to hone and master the latest techniques for correcting the most complex orthopedic problems.

Treating patients from all over the world also provides a unique opportunity for local patients. Known for correctly diagnosing and treating a broad range of pediatric orthopedic conditions, from the simplest fracture to the very complex conditions, to the near impossible, Drs. Feldman, Huser, and Hariharan have elevated the treatment of pediatric spinal disorders (scoliosis or kyphosis), limb deformity, hip dysplasia, and skeletal dysplasia.

This group of doctors is well-respected in the field of complex and advanced orthopedic surgery, publishing numerous articles and continually presenting and consulting at medical conferences worldwide. Published research and educational contributions validate the benchmarks and metrics that inform their methodologies and educate other physicians in the medical field on the diagnosis and treatment of several rare disorders.

- Dr. David Feldman is renowned for his exceptional skill in treating limb, hip, and spinal disorders
- Dr. Aaron Huser is recognized as a specialist in limb deformities and the management of skeletal dysplasia in children
- Dr. Arun Hariharan is an expert in pediatric spinal disorders and orthopedics.

Each surgeon brings a unique skill set to the team, providing a comprehensive approach to pediatric orthopedic care and taking a holistic approach to provide positive patient outcomes, including independence, mobility, and the elimination of pain. Patients are cared for fully with communication and support from an incredible team that is ‘family focused’, including a nurse practitioner, four hands-on physician assistants, a child-life specialist, family coordinators, and caring administrative staff. This team has the skills and experience to provide the best possible care for children and their families from newborns through adulthood. Additionally, adults with conditions such as scoliosis, multiple hereditary exostosis, arthrogryposis, achondroplasia, and pseudoachondroplasia are also commonly treated in their practice as the skills needed in treating these conditions are quite unique.

A compassionate and patient-focused approach has earned Drs. Feldman, Huser, and Hariharan reputations as top pediatric orthopedic surgeons in the country, but more importantly create true and lasting appreciation from patients all over this country and the world. Together they offer cutting-edge treatments, technologies, and therapies, bringing life back to lives.

For more information, visit our website, davidsfeldmanmd.com, and visit us on social media to see patient outcomes and learn more about the practice’s team approach.

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PHILIP SAVILLE, MD

SAVILLE SPINE INSTITUTE
300 Village Square Crossing
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Philip Saville, MD, is a Palm Beach-based, board-certified orthopedic spinal surgeon who specializes in minimally invasive and motion sparing spinal surgery including disc replacements. He founded the Saville Spine Institute in Palm Beach Gardens, Florida, to provide patients with personalized, world-class care and treatments tailored to each individual's needs. His focus is providing patients with cervical, thoracic, and lumbar spine ailments the highest level of comprehensive and multidisciplinary care as well as utilizing the newest, most cutting-edge, minimally invasive technology on the market. With this minimally invasive approach, Dr. Saville can treat spinal problems such as herniated discs, sciatica, spinal stenosis, and radiculopathy with smaller incisions that minimize collateral damage to the surrounding healthy tissues and structures in the spine as well as maximize recovery to quickly get patients back to living their lives pain-free.

He completed his orthopedic residency at the University of Pennsylvania and his spine fellowship at the No. 1 orthopedic hospital in the United States, the Hospital for Special Surgery in New York City. He brings the advanced skills he learned there to South Florida for the first time.

The Saville Spine Institute provides a concierge-level experience, which includes thorough, personalized visits, enhanced patient satisfaction, and treatments tailored to each unique individual's needs for improved patient outcomes. Dr. Saville provides top-quality, integrated spinal care and looks forward to helping his patients regain a better quality of life.

The Saville Spine Institute is open Monday through Friday from 8:30 a.m. to 5:00 p.m. and is located at 300 Village Square Crossing, Suite 201 in Palm Beach Gardens, Florida. For more information or to schedule an appointment with Dr. Philip Saville, please visit online at savillepine.com or call 561-630-3870.

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CHRISTOPHER BOYES, MD

Coastal Vein and Vascular Specialists is a medical team of practitioners who are committed to the highest excellence in vascular medical care. These highly skilled professionals have decades of combined experience evaluating and treating the most complex vascular disorders. Every professional at Coastal Vein and Vascular remains on the forefront of the latest techniques to provide the best possible results for every patient. Dr. Christopher Boyes is a board-certified vascular surgeon and is a native of Palm Beach Gardens. After completing his vascular surgery fellowship at Carolinas Medical Center in Charlotte, N.C., he was an academic vascular surgeon and the assistant program director for the Sanger Heart and Vascular Institute in Charlotte for many years. Dr. Boyes recently returned to Palm Beach Gardens to offer an academic level of excellence in medical care to our community. Dr. Boyes has many years of experience with open and endovascular surgery, including aneurysms, carotid, venous, and arterial disease. Dialysis access, amputation prevention, TCAR, EVAR, and TEVAR. Office-based procedures include the latest minimally invasive technologies for spider and varicose veins.

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JONATHAN WIDEROFF

With considerable excitement and nostalgia, Dr. Jon Wideroff is announcing his retirement. This follows a highly respected surgical career in Palm Beach County since 1982. He would like to thank the many nurses, physicians, hospital personnel, and office staff that he has had the pleasure of working with. He is honored that thousands of patients sought out his care. He expresses gratitude to his wife, Alexandra Santini Wideroff, MD, who is also retiring from her primary care practice. He is appreciative of the support of his associates, including Dr. Erica Podolsky, with whom he built a premier surgical practice. Dr. Zahra Khan has assumed his endocrine surgery practice.

"This has been an amazingly enjoyable and productive 40-year career, quite difficult to walk away from," Dr. Wideroff says. "I can't imagine it having gone any other way." What makes it easier, he says, is being able to stop at his peak of skill and popularity, with incredibly positive and extensive sentiments expressed by so many of the people whose lives he has touched.

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NICOLE BASILE, MD, PA

Nicole Basile, MD, is originally from Roanoke, Virginia and is a graduate of Duke University and Eastern Virginia Medical School with highest honors, Alpha Omega Alpha Honor Society. Dr. Basile served as a clinical instructor in internal medicine and nephrology at The Ohio State University for five years prior to moving to Florida in 2004. She has worked in various settings including private practice for 14 years and The Jupiter Island Clinic. Dr. Basile has been recognized by Palm Beach Illustrated as a Top Doctor and has served on the boards of both Palm Beach Gardens Medical Center and Healthy Mothers Healthy Babies Coalition of Palm Beach County. Presently, Dr. Basile serves on the board of the Bilgrav School for Dyslexia and is an active advocate for dyslexia education. Dr. Basile enjoys spending time with her three children and her husband Daniel, a local plastic surgeon. Dr. Basile is pleased to announce her new concierge primary care practice and welcomes new members.

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jupitermed.com

PEDIATRIC NEUROSURGERY

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MICHAEL A. CONNOR, MD

Dr. Michael Connor, double board certified in ophthalmology and oculofacial plastic surgery, has been improving patients' lives for more than a decade. After completing a highly competitive fellowship in oculofacial plastic surgery, he is one of approximately 600 surgeons in the country who specialize in a field dedicated specifically to the aesthetics of the eyes.

His knowledge of the underlying anatomy enhances his ability to preserve the function of the eyelids and achieve a naturally beautiful result. "Finesse and anatomic precision are needed to perform surgery around the eyes safely and effectively," he says.

Dr. Connor's area of expertise includes cosmetic blepharoplasty, brow surgery, ptosis, or droopy eyelid surgery, and revisional eyelid surgery.

While many of his surgical procedures are performed in an outpatient surgery center, he also has perfected the art of in-office eyelid surgery utilizing local anesthesia. Patients can undergo eyelid rejuvenation, performed comfortably in his surgical suite, in less than an hour.

His practice also includes non-surgical, anti-aging options including neurotoxins, facial fillers, chemical peels, and laser treatments.

Oculoplastic & Orbital
consultants

4060 PGA Blvd. Suite 101 • Palm Beach Gardens
561-845-6500 • eyeliddocs.com

ROBERTO J. ACOSTA, MD

Dr. Roberto Acosta is a board-certified orthopedic surgeon with subspecialty qualifications in hand and microsurgery. Dr. Acosta specializes in hand and wrist fractures, neurologic and arthritic conditions as well as sports-related hand, wrist, and upper extremity injuries. In practice for more than 25 years, he has established the gold standard for hand and upper extremity care in South Florida. Dr. Acosta is the go-to orthopedic hand surgeon for professional athletes, consulting for the Miami Marlins and the Washington Nationals. He is affiliated with Hospital for Special Surgery (HSS) and is the longstanding Section Chief of hand surgery at St. Mary's Medical Center, a Level 1 trauma center. Dr. Acosta is an attending hand surgery faculty member for the University of Miami/HCA orthopedic residency program. His attention to detail and individualized personal patient care makes his practice the premier orthopedic hand and upper extremity practice in our community. With offices in West Palm Beach and Jupiter, Dr. Acosta continues to care for the entire spectrum of upper extremity problems from the pediatric to the geriatric patient.

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MATTHEW DOBBS, MD, FACS, FAAOS, FAOA

Dr. Matthew Dobbs is a renowned orthopedic surgeon and director of the Dobbs Clubfoot Center at the Paley Orthopedic & Spine Institute and the Palm Beach International Surgery Center. Formerly, he was an endowed professor at Washington University School of Medicine, where he practiced for 20 years.

Patients travel from 50 states and more than 115 countries for Dr. Dobb's expertise in pediatric foot and ankle surgery and cerebral palsy. He pioneered novel bracing options for children born with clubfoot and a minimally invasive treatment for congenital vertical talus, which is now the gold standard.

Dr. Dobbs has held leadership positions with the United States Bone and Joint Initiative as well as the Association of Bone and Joint Surgeons and is the recipient of multiple NIH-funded research grants. He directed several multicentered clinical trials and co-directs a musculoskeletal genetics research laboratory. He was awarded prestigious research honors: Hunterian Gold Medal (2002), Nicolas Andry Award (2017), and the Kappa Delta Award (2017). Dr. Dobbs also sees patients at Paley Europe in Poland and Paley Middle East Clinic in Abu Dhabi.

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at St. Mary's Medical Center

901 45th St., Kimmel Building • West Palm Beach
561-844-5255 • paleyinstitute.org

FOOT & ANKLE CENTER
AT THE PALEY ORTHOPEDIC & SPINE INSTITUTE
DR. BRADLEY LAMM

BRADLEY LAMM, DPM, FACFAS

Dr. Bradley Lamm is Chief of Foot and Ankle Surgery at St. Mary's Medical Center and The Palm Beach Children's Hospital. He is the director of the Foot & Ankle Deformity Correction Center at the Paley Orthopedic & Spine Institute. He is a board-certified foot and ankle surgeon and a Fellow of the American College of Foot and Ankle Surgeons (FACFAS).

Dr. Lamm is recognized globally for his expertise in treating foot and ankle deformities in both children and adults. Throughout his 20-year career, he has published more than 100 book chapters/articles and performed multiple clinical trials as well as lectured at hundreds of conferences. Dr. Lamm is an expert in cutting-edge treatments including total ankle replacement, minimally invasive bunion surgery, limb lengthening, toe lengthening, limb preservation, joint preservation, and all foot and ankle conditions.

Dr. Lamm provides each patient with a customized treatment plan and the latest medical techniques including stem cell therapy. Every year since 2010, Dr. Lamm has been voted "Top Doctor" and appeared on the TV show "The Doctors." He is a rotation director and adjunct professor at Harvard Medical School.

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entsf.com

CARTILAGE REPAIR AND JOINT PRESERVATION OF THE KNEE
Tom Minas, MD, MS

TOM MINAS, MD, MS

Dr. Tom Minas is a leading orthopedic surgeon and the director of the cartilage repair center at the Paley Orthopedic & Spine Institute. Formerly, he was an attending orthopedic surgeon at Brigham & Women's Hospital in Boston, Massachusetts, where he practiced for 30 years and remains a professor emeritus of orthopedic surgery at Harvard Medical School.

Internationally recognized for his expertise, Dr. Minas has devoted his career to cartilage transplantation. He pioneered the autologous chondrocyte implantation (ACI) surgical technique, established the first cartilage repair center in the United States, and recently served as the president of the International Cartilage Regeneration & Joint Preservation (ICRS) Society. A large part of Dr. Minas' career has also been dedicated to joint replacement surgery. Dr. Minas developed and patented custom knee replacements, playing a pivotal role in improving patient outcomes after total knee replacement surgery.

Dr. Minas tailors his treatment to the activities and desires of each patient. This allows him to choose the most appropriate joint preserving or prosthetic solution to optimize the functional outcome of each patient.

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STEPHEN M. QUINNAN, MD, FAAOS

Stephen M. Quinnan, MD, FAAOS, is an innovator in orthopedic surgery. His exceptional background includes medical education at Columbia University and fellowships at the world-renowned Shock Trauma Center and Royal Brisbane Hospital. Dr. Quinnan practiced for 12 years and served as chief of orthopedic trauma at the University of Miami before joining the Paley Institute in 2020.

Dr Quinnan invented and published groundbreaking surgical treatments in limb reconstruction and deformity correction, pelvic and hip reconstruction, severe fracture treatment, fracture nonunion, bone loss treatment, and post-traumatic and amputee reconstruction. In addition, he provides the highest level of extremity fracture care, 3D custom solutions, and treatment of osteomyelitis. He is a leader in amputee optimization including osseointegration, targeted muscle reinnervation, and residuum lengthening. He is the only active member of the Orthopedic Trauma Association in Palm Beach County and the incoming president of the Limb Lengthening Reconstruction Society. Dr. Quinnan is happy to offer world-class care and cutting-edge innovations to our community.

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PLASTIC AND RECONSTRUCTIVE SURGERY *(cont.)*

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OLAYEMI OSIYEMI, MD, JOSE MENAJOVSKY, MD

Dr. Osiyemi and Dr. Menajovsky are board-certified in infectious disease and have been voted top doctors in infectious disease multiple times over several years. Dr. Osiyemi is the owner and medical director of Fantastic Wellness Center, president of Triple O Medical Services and Triple O Research Institute PA. He is the chief of infectious disease at Good Samaritan and St. Mary's medical centers.

Dr. Menajovsky completed his internal medicine residency at Temple University and infectious disease fellowship at the University of Maryland. He is a partner at Triple O Medical Services PA and serves as chairman of infectious control and PNT at St. Mary's Medical Center. He enjoys playing tennis and spending time with his wife and son.

Dr. Osiyemi and Dr. Menajovsky serve as preceptors and mentors for medical students/residents, APRN/PA students, and high school students. Both doctors have privileges at Jupiter Medical Center, St. Mary's Medical Center, and Good Samaritan Medical Center. Both physicians provide concierge service and are accepting clients.

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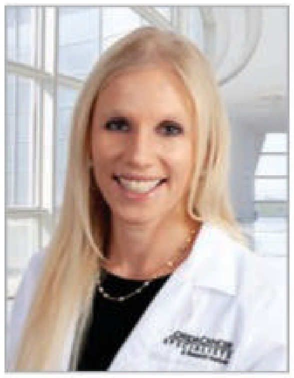
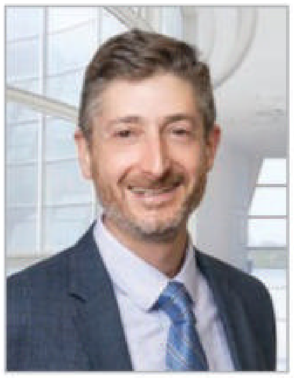


Elizabeth A. Byron, MD
Medical Oncology
& Hematology



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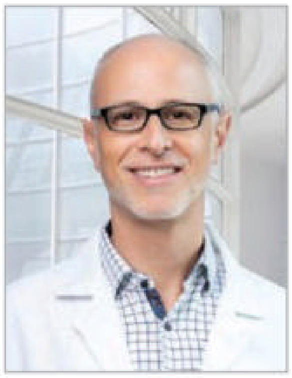

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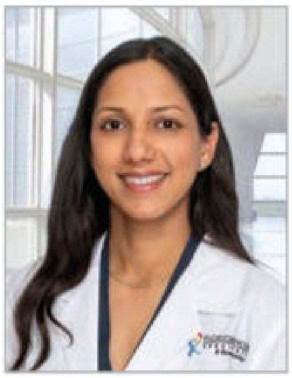

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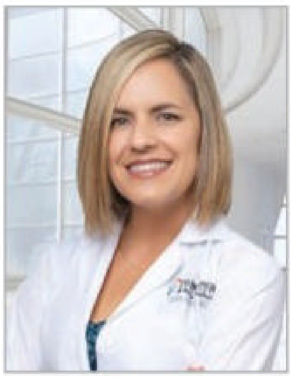

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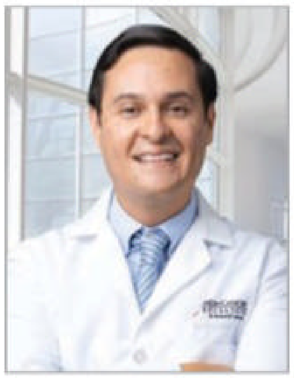

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Avram J. Smukler, MD
Medical Oncology
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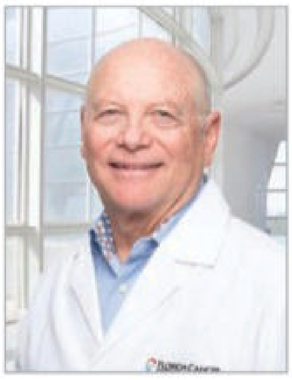

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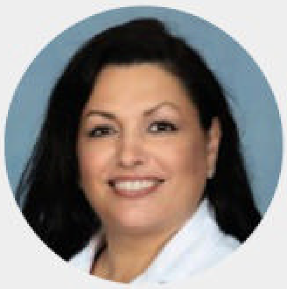

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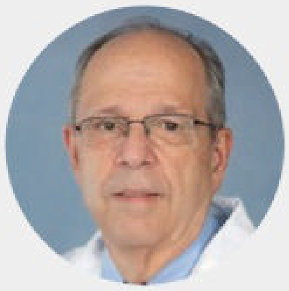

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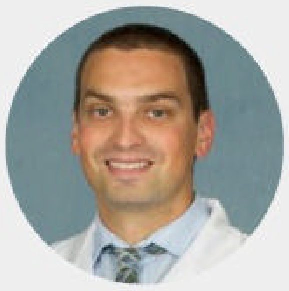

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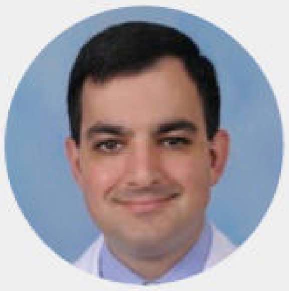

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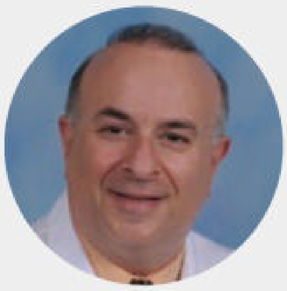

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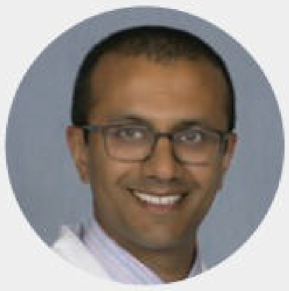

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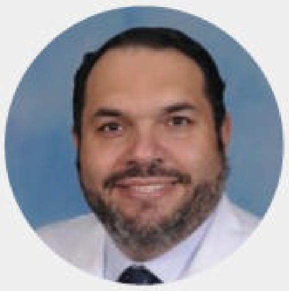

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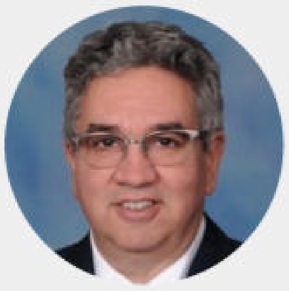

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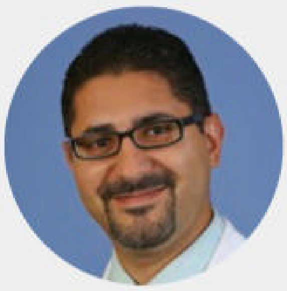

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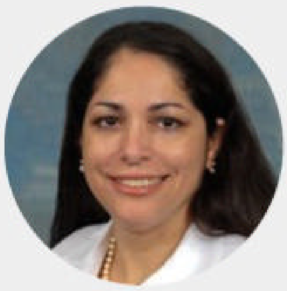

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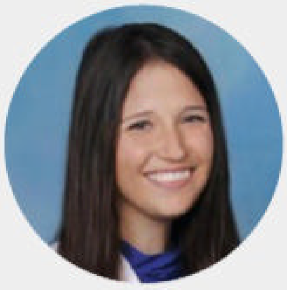

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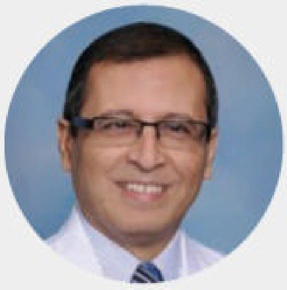

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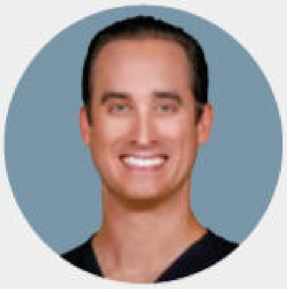

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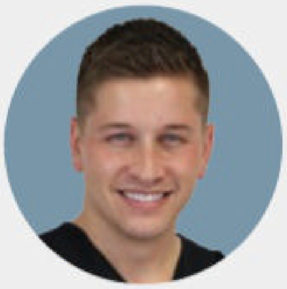

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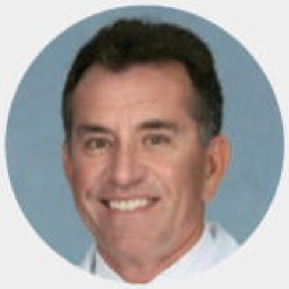

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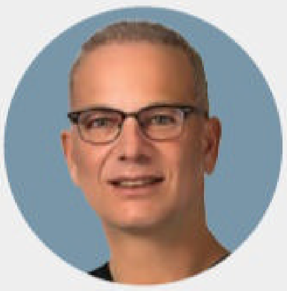

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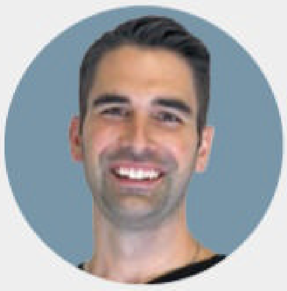

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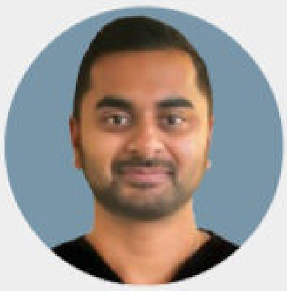

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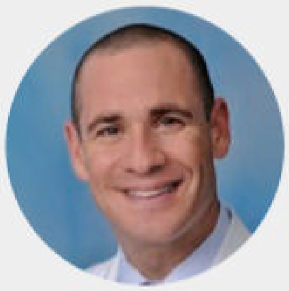

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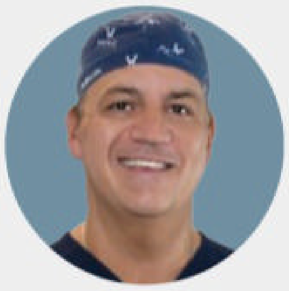

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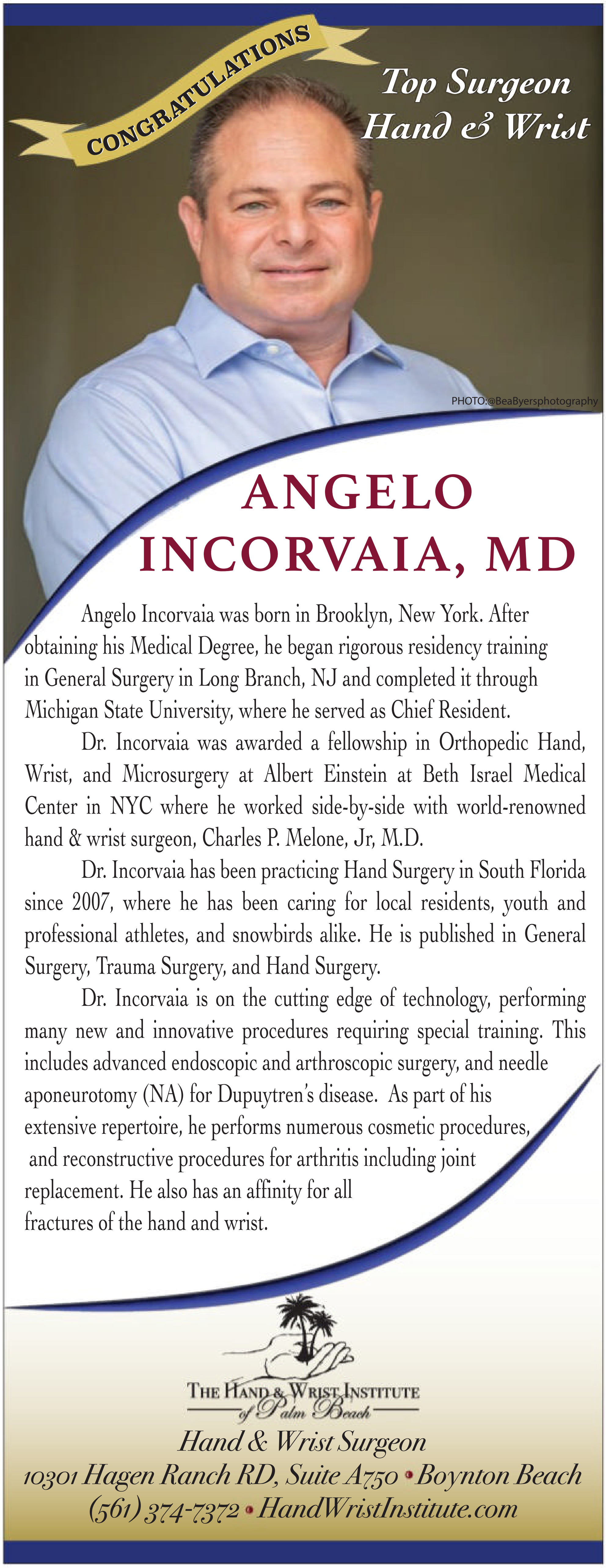

CONGRATULATIONS

Top Surgeon
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ANGELO INCORVAIA, MD

Angelo Incorvaia was born in Brooklyn, New York. After obtaining his Medical Degree, he began rigorous residency training in General Surgery in Long Branch, NJ and completed it through Michigan State University, where he served as Chief Resident.

Dr. Incorvaia was awarded a fellowship in Orthopedic Hand, Wrist, and Microsurgery at Albert Einstein at Beth Israel Medical Center in NYC where he worked side-by-side with world-renowned hand & wrist surgeon, Charles P. Melone, Jr, M.D.

Dr. Incorvaia has been practicing Hand Surgery in South Florida since 2007, where he has been caring for local residents, youth and professional athletes, and snowbirds alike. He is published in General Surgery, Trauma Surgery, and Hand Surgery.

Dr. Incorvaia is on the cutting edge of technology, performing many new and innovative procedures requiring special training. This includes advanced endoscopic and arthroscopic surgery, and needle aponeurotomy (NA) for Dupuytren's disease. As part of his extensive repertoire, he performs numerous cosmetic procedures, and reconstructive procedures for arthritis including joint replacement. He also has an affinity for all fractures of the hand and wrist.

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Primary Eye Care Physician

Elon Luzon, OD
Primary Eye Care Physician

Justina Vasiliauskas, OD
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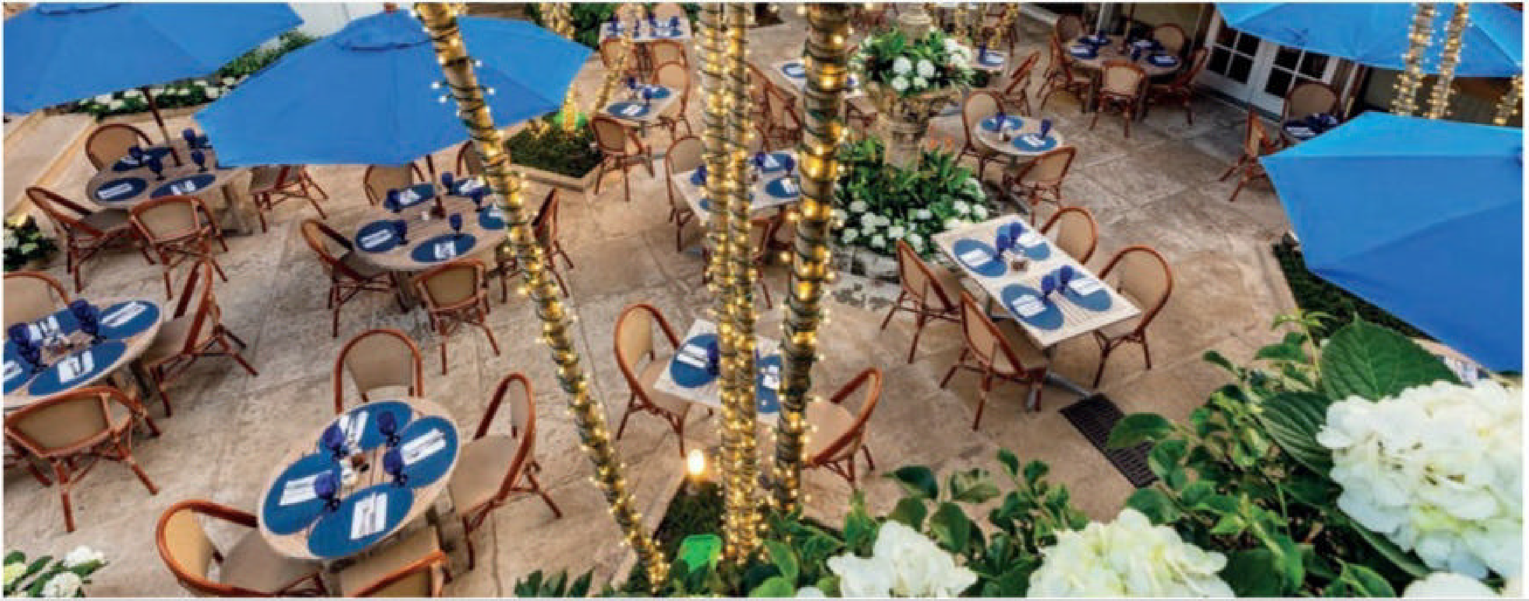

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SAVOR

BOLD FLAVORS, COOL COCKTAILS, AND LOCAL FAVORITES

Sweet ESCAPE

Palm Beach County has its fair share of bakeries, each toothsome in their own way. But when it comes to merging taste *and* design, a new Delray Beach patisserie is offering customers a delectable, Instagram-worthy experience.

After originally purchasing the space as a storage unit for the Warren Delray restaurant and whiskey bar, Damn Good Hospitality Group decided instead to open **Damn Good Sweets**, tasking pastry chef Julian Belon with spearheading the shop's modern concept. "They want over-the-top, whimsical desserts and classics," says Belon, who mutates familiar flavors with playful designs. "I twist the desserts around to create some really cool stuff."

Last year, Damn Good Sweets won the judge's championship at Dessert Wars in West Palm Beach. Their victor? The Coconut: a semifreddo consisting of a dome filled with coconut mousse, exotic compote, and a lime-soaked cake that is dipped in chocolate then quickly brushed on the outside to create a texture reminiscent of a coconut shell. It will be available alongside drip cakes, entremets, ice cream, *petite gâteaux*, macarons, cookies, and brownies.

While Damn Good Sweets will have a set menu, Belon says it will update on a regular basis to highlight interactive, fun desserts. "It's going to blow people's minds," he adds. "It's food that they've never seen before. We're going to try and push the limits of what we can do." *(damngoodsweets.com)*

—Karina Wensjoe

Pastry chef Julian Belon (above) of Damn Good Sweets wows with his whimsical creations.

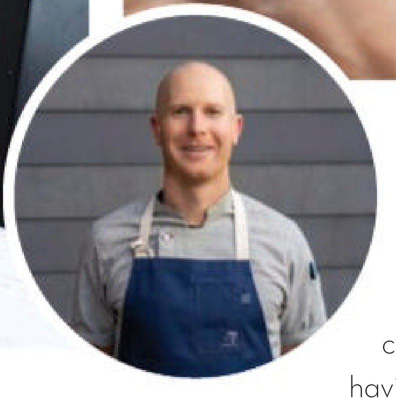
COURTESY OF DAMN GOOD HOSPITALITY

Q&A

Coastal Connection

WE CHAT WITH CHEF MATT FOLEY OF AUSTRALIAN TRANSPLANT ISLA & CO.

BY MARY MURRAY



CLOCKWISE FROM INSET: FISH AND CHIPS; SALMON LOX BENEDICT; CHEF MATT FOLEY.

COURTESY OF ISLA & CO.

The Land Down Under has arrived in West Palm Beach thanks to the addition of **Isla & Co.** Nestled in the Warehouse District, this new eatery from Australian restaurant group Parched Hospitality features brunch, dinner, and drink menus brimming with the country's vast cultural influences and steeped in its love of coffee. Just ask corporate executive chef Matt Foley, who developed dishes tinged with Southeast Asian flavors and evocative of Aussies' coastal lifestyle. Take Foley's fish and chips, for example. Not only are they gluten-free, but they're seasoned with togarashi and served with a yuzu kosho tartar sauce. *PBI* recently caught up with the California native to discuss the food at Isla & Co. and his personal cooking style. *(isla-co.com)*

CHARRED OCTOPUS WITH CANNELLINI BEANS, NDUJA, AND CHARRED CUCUMBER VINAIGRETTE

PBI: Did you have any preconceived notions about Australian cuisine before starting with Isla & Co.?
Foley: I didn't have any preconceived notions, but it was eye-opening to see what the cuisine is all about. I knew a little bit about it, but diving in deeper and becoming part of this company has allowed me to play with some fun flavor profiles and do some things that have not been part of my résumé in the past. Most of my previous experience has been in more Italian or European cuisine. Even coming from California, something along those lines as well. But coming into Parched Hospitality and creating Isla & Co., we've been able to play with those Southeast Asian profiles that truly haven't been part of my cuisine. It's something I've always done for myself at home, but now I'm able to pull that into a work environment and create something that keeps people interested.

What are some of your earliest memories of food and cooking?
My mom is Italian, and between my mom and my grandmother, I had a very food-centered childhood. I remember growing up having pasta sauce on the stovetop and our family all gathered around. We have some family history of being in the restaurant industry; my great-grandfather was a cook, as well. It's always been in the family, and it's something that really brings a lot of people together. I think that's a big piece of why I've always enjoyed it. I like entertaining and the camaraderie and ties that food can bring to any form of life.

What do you consider some of your culinary signatures?
Texture is one. I don't want anything that's ever just too soft or one note. Also, there's usually a little bit of heat in there. Even if it's not a spicy dish, there are going to be some elements that give off some heat. I love seafood. Just growing up in California and having a very seafood-driven Italian family, that's my upbringing that you'll see in the dishes I create as well.

What are some staples that you always have in your fridge at home?
I always have Calabrian chilis. Usually some form of soy sauce. I base a lot of my home cooking on the vegetables that are in-season. I can't tell you that I always have some form of meat in the fridge because I don't, but I always have some form of seasonal vegetables. And always herbs.

HOT SPOT

Fusion in PARADISE

Feel the spirit of Saigon's roaring '20s at **Le Colonial**'s chic new outpost in Delray Beach. Founded in Chicago and lauded for its French Vietnamese cuisine, the restaurant made its South Florida debut in February, occupying a 7,000-square-foot space on Atlantic Avenue that blends Parisian old-money sultriness with tropical modernity. The Delray menu features a marriage of locally sourced vegetables and premium seafood and meats, in addition to the brand's signature dishes like *bo luc lac* (or "shaking beef") and *tom chay toi* (tiger prawns with sauteed garlic, sriracha, tamarind jus, and crispy rice noodles). Begin with small bites such as the chilled shrimp rolls or caramelized brussels sprouts, before digging into new entrees like the shareable crispy South Florida snapper. Order a lychee martini or a smoked old-fashioned to go with your meal and up the ante on those Prohibition vibes. *(delraybeach.lecolonial.com)* —*K.W.*

Le Colonial

Clockwise from inset: Bo luc lac; Banh-uot; Le Colonial interiors.

COURTESY OF LE COLONIAL

A selective guide to Palm Beach-area restaurants

THE LISTINGS

The Palm Beach County dining scene has something for everyone, from funky burger bars and gastropubs to the glam style of iconic Palm Beach lounges. Here, find a listing of area standouts, organized by cuisine type, with descriptions, contact information, and price details for each. What the icons mean:

$	Most entrees under $25
$$	Most entrees $25-$40
$$$	Most entrees $40 or more

While not all-inclusive due to space limitations, our dining listings may vary every month and are constantly updated to showcase the culinary diversity of the area. Find more information on local dining options on *palmbeachillustrated.com*.

NOTICE TO RESTAURATEURS: The establishments listed and their descriptions are printed at the discretion of the editors of *Palm Beach Illustrated*. They are not a form of advertisement, nor do they serve as a restaurant review. For more information, email editorial@palmbeachmedia.com

AMERICAN

AQUAGRILLE Savor coastal cuisine in beach house-inspired environs. 14121 U.S. Hwy. 1, Juno Beach (aquagrillejuno.com) **$$**

AVOCADO GRILL Chef Julien Gremaud offers flavorful Florida-Caribbean bites. 125 Datura St., West Palm Beach (avocadogrillwpb.com) **$$**

BATCH An upscale take on classic Southern fare, including vegetarian selections. 223 Clematis St., West Palm Beach (batchsouthernkitchen.com) **$**

BEACON This waterfront grille boasts a contemporary American feel. 1107 Lighthouse Road, Jupiter (thebeaconjupiter.com) **$$$**

BELLE & MAXWELL'S This charming eatery serves bistro dishes in comfortable surroundings. 3700 S. Dixie Hwy., West Palm Beach (belleandmaxwells.com) **$**

BREEZE OCEAN KITCHEN Enjoy craft beer, specialty cocktails, and distinctly Floridian cuisine at this seaside gem at the Eau Palm Beach Resort & Spa. 100 S. Ocean Blvd., Manalapan (eaupalmbeach.com) **$$**

CITY CELLAR WINE BAR & GRILL Offering pizza, steaks, pasta, and seafood. 700 S. Rosemary Ave., West Palm Beach (citycellarwpb.com) **$$**

COOLINARY Tim Lipman merged his café and bar to create one delicious hangout. 4580 Donald Ross Road Suite 100, Palm Beach Gardens (thecoolpig.com) **$$**

THE COOPER Practicing farm-to-table cooking in PGA Commons. 4610 PGA Blvd. Suite 100, Palm Beach Gardens (thecooperrestaurant.com) **$$**

CROSBY KITCHEN & BAR This stylish American bistro offers a Manhattan-meets-Palm Beach vibe. 1406 S. Cypress Drive, Jupiter (crosbykitchenandbar.com) **$$**

EMBER GRILL For an upscale take on favorites visit this classy restaurant inside The Ray hotel. 233 N.E. 2nd Ave., Delray Beach (embergrilldelray.com) **$$$**

ENTRE NOUS BISTRO Home-style cooking commingles with gourmet fare. 123 U.S. Hwy. 1, North Palm Beach (entrenousbistro.com) **$$$**

GARY RACK'S FARMHOUSE KITCHEN At this healthy hangout, farm-fresh ingredients reign supreme. 204 E. Atlantic Ave., Delray Beach; 399 S.E. Mizner Blvd., Boca Raton (farmhousekitchenboca.com) **$$**

THE GROVE Northern California's food and wine culture takes center stage at this upscale eatery. 187 N.E. 2nd Ave., Delray Beach (thegrovedelray.com) **$$**

HENRY'S Henry's serves American comfort food to a packed house. 16850 Jog Road, Delray Beach (henrysofbocaraton.com) **$$**

HIVE BAKERY & CAFÉ Satisfy your sweet tooth as well as breakfast and lunch cravings. 1603 S. Dixie Hwy., West Palm Beach (hivebakeryandcafe.com) **$**

HOWLEY'S This circa-1950 diner serves tried-and-true classics. 4700 S. Dixie Hwy., West Palm Beach (sub-culture.org/howleys) **$**

KITCHEN Matthew Byrne opened his family-run eateries to serve sophisticated but not intimidating fare. 319 Belvedere Road #2, West Palm Beach; 5250 Donald Ross Road #100, Palm Beach Gardens (kitchenpb.com) **$$$**

EDITORS' PICKS

EGG DISHES

BREAKFAST BURRITO, Aioli

Burritos are my love language, and I'm in love with Aioli. This family-run café in southern West Palm Beach serves up a different breakfast burrito special every Saturday morning. While the fixings may change, the star is always a fluffy frittata-style egg. *(aioliwpb.com) —Mary Murray, executive editor*

QUICHE LORRAINE, Pistache French Bistro

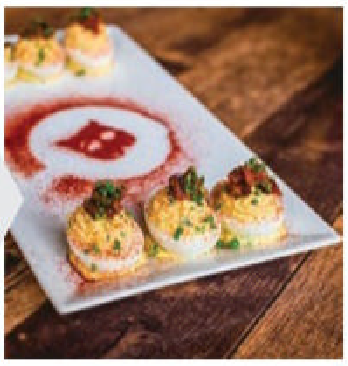
My perennially preferred egg dish remains the quiche Lorraine at Pistache in West Palm Beach. For his iteration of the classic recipe, chef de cuisine Mike Burgio folds leeks, applewood-smoked bacon, and Gruyère into the creamy egg mixture, layering it all atop a savory pastry crust. The result is a perfectly balanced, supremely decadent slice. *(pistachewpb.com) —Allison Wolfe Reckson, managing editor*

CROQUE MADAME, La Goulue

It's called croque madame, but the portion is far from ladylike. La Goulue's knife-and-fork sandwich is essentially a croque monsieur—French ham and Gruyère on toasted brioche with béchamel—plus a fried egg that enlivens all the flavors. *(lagouluepalmbeach.com) —Daphne Nikolopoulos, editor in chief*

DEVILED EGGS, Batch New Southern Kitchen & Tap

Food can be sinful, but my favorite egg preparation is downright devilish. I'd stake my soul on the deviled eggs at Batch in West Palm Beach, which are done up right with crème fraîche, chives, whole grain mustard, and candied bacon. *(batchsouthernkitchen.com) —Kristen Desmond LeFevre, contributing editor*



LE BAR Á VIN This wine and cocktail bar offers a range of drinks and light dishes. 380 S. County Road, Palm Beach (lebarpalmbeach.com) **$$$**

LULU'S Brunch is the main event at this open-air eatery. 189 N.E. 2nd Ave., Delray Beach (lulusdelray.com) **$**

MAX'S GRILLE Max's Grille has been attracting a wide legion of fans since 1991. 404 Plaza Real, Boca Raton (maxsgrille.com) **$$**

MAXWELL'S PLUM The circa-1966 restaurant is revived, complete with upscale cuisine and cocktails. 12300 S. Shore Blvd., Wellington (maxwellsplum.com) **$$$**

THE OFFICE This hip gastropub offers well-prepared, remarkably good comfort food. 201 E. Atlantic Ave., Delray Beach (theofficedelray.com) **$$**

PROPER GRIT This gastropub in The Ben hotel pays homage to Old Florida. 251 N. Narcissus Ave., West Palm Beach (propergrit.com) **$$$**

REBEL HOUSE An eclectic atmosphere and fun menu make Rebel House a favorite. 297 E. Palmetto Park Road, Boca Raton (rebelhouseboca.com) **$$**

THE REGIONAL Chef Lindsay Autry pairs her Southern roots with Mediterranean flavors. 651 Okeechobee Blvd., West Palm Beach (eatregional.com) **$$**

SOURBON KITCHEN & BAR Discover American dining with a botanical atmosphere. 215 Clematis St., West Palm Beach (sourbon.com) **$$**

SWIFTY'S AT THE COLONY Cosmopolitan dining meets island ease, featuring high-end classics such as designer meatloaf. 155 Hammon Ave., Palm Beach (thecolonypalmbeach.com) **$$$**

TABLE 26 This all-American restaurant presents comfort food in an atmosphere fit for both romantic dates and business luncheons. 1700 S. Dixie Hwy., West Palm Beach (table26palmbeach.com) **$$$**

TA-BOO Serving American comfort food since 1941. 221 Worth Ave., Palm Beach (tabooresturant.com) **$$**

TROPICAL SMOKEHOUSE Chef Rick Mace brings his culinary prowess to Florida barbecue. 3815 S. Dixie Hwy., West Palm Beach (eattropical.com) **$**

TROY'S BARBEQUE Locals return again and again for the superior barbecue. 3950 Georgia Ave., West Palm Beach; 1920 S. Federal Hwy., Boynton Beach (bbqtroys.com) **$**

THE WOODS Tiger Woods' upscale sports bar offers elevated American cuisine. 129 Soundings Ave., Jupiter (thewoods.tigerwoods.com) **$$$**

ASIAN AND INDIAN

AKIRA BACK This hot spot inside The Ray hotel features eclectic Korean-Japanese cuisine from Michelin-starred chef Akira Back. 233 N.E. 2nd. Ave., Delray Beach (akirabackdelray.com) **$$**

BEG FOR MORE IZAKAYA At this casual Japanese pub, tapas-style snacks are served to accompany sake. 19 S.E. 5th Ave., Delray Beach (561-563-8849) **$$**

BLACKBIRD This modern Asian concept boasts sexy interiors that match its inventive menu. 1511 N. Old Dixie Hwy., Jupiter (blackbirdmodernasian.com) **$$**

ECHO The Asian restaurant of The Breakers offers dishes from China, Japan, Thailand, and Vietnam. 230A Sunrise Ave., Palm Beach (echopalmbeach.com) **$$$**

IMOTO Chef Clay Conley presents small Asian bites and a sushi menu that tempts all senses. 350 S. County Road, Palm Beach (imotopalmbeach.com) **$$**

INDUS INDIAN AND HERBAL CUISINE Choose from an extensive menu of traditional dishes seasoned with an abundance of Indian herbs and spices. 1649 Forum Place, West Palm Beach (indusdine.com) **$$**

JOY NOODLES Order the fresh ramen at this vegetarian-friendly hidden gem. 2200 S. Dixie Hwy., West Palm Beach (joynoodles.net) **$$**

KAPOW! NOODLE BAR This Asian fusion restaurant provides late-night comfort food with a French-Vietnamese flair. 519 Clematis St., West Palm Beach; 402 Plaza Real, Boca Raton (kapownoodlebar.com) **$$**

LEMONGRASS ASIAN BISTRO Presenting creative pan-Asian plates. 1880 Congress Ave., Boynton Beach; 420 E. Atlantic Ave., Delray Beach; 10312 Forest Hill Blvd. Suite 204, Wellington; 101 Plaza Real S., Boca Raton (lemongrassasianbistro.com) **$$**

MALAKOR THAI CAFÉ This Northwood staple offers a colorful setting in which to enjoy Thai classics. 425 25th St., West Palm Beach (malakor.com) **$$**

SUSHI RAY JAPANESE RESTAURANT Enjoy the entertaining hibachi grill or order from the collection of sake at the onyx-lit sushi bar. 5250 Town Center Circle #111, Boca Raton (sushiray.com) **$$**

FRENCH AND FRENCH AMERICAN

ALMOND This Bridgehampton mainstay has brought its classic French comfort food to Palm Beach. 207 Royal Poinciana Way, Palm Beach (almondrestaurant.com) **$$**

CAFÉ L'EUROPE Café L'Europe invites guests to enjoy its impressive wine list, exquisite desserts, and warm hospitality. 331 S. County Road, Palm Beach (cafeleurope.com) **$$$**

KATHY'S GAZEBO CAFÉ Kathy's specializes in French Continental dishes and wine pairings. 4199 N. Federal Hwy., Boca Raton (kathysgazebo.com) **$$**

LE BILBOQUET Visit this chic resto for classic French dishes in upscale environs. 245 Worth Ave., Palm Beach (lebilboquetpb.com) **$$$**

THE PARISIAN This charming French brasserie presents culinary staples like coq au vin. 201 N. U.S. Hwy. 1, Jupiter (theparisianrestaurant.com) **$$**

ITALIAN

123 DATURA Serving sharable versions of Italian favorites. 123 Datura St., West Palm Beach (123datura.com) **$**

ARTURO'S RISTORANTE Arturo's presents authentic flavors of Italy in every dish and wine glass. 6750 N. Federal Hwy., Boca Raton (arturosrestaurant.com) **$$$**

BICE Homemade pastas, excellent service, and tiramisu will make you feel like Italy isn't so far away. 313 Worth Ave., Palm Beach (bice-palmbeach.com) **$$$**

CAFÉ SAPORI This café's menu offers classics from every region of Italy. Dishes run the gamut from delicate to earthy, and the kitchen never strikes a false note. 205 Southern Blvd., West Palm Beach (cafesaporicorp.com) **$$**

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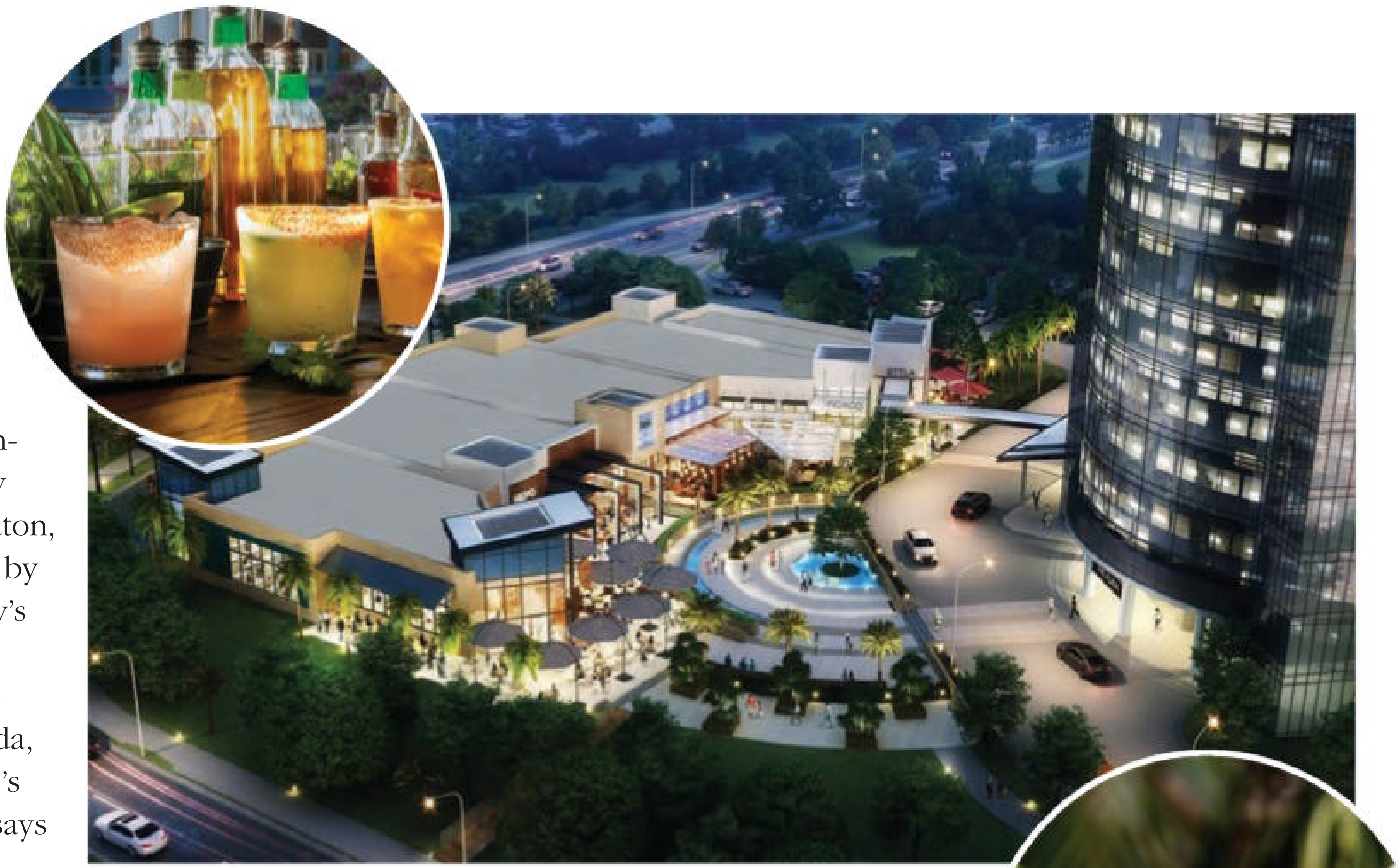
COMING SOON

IN A **ROW**



Whether you're craving a light bite, a happy hour special, or an upscale meal for lunch or dinner, **Restaurant Row** may be your favorite new stomping grounds. Nestled in Midtown Boca Raton, this indoor-outdoor dining complex developed by PEBB Enterprises is the latest addition to the city's expanding food scene.

"With the growing population and a lot of the relocation that is happening here in South Florida, specifically Palm Beach County and Boca, there's really a need for more diversity of restaurants," says Eric Hochman, chief investment officer at PEBB Enterprises. "We hear all the time from friends, families, and tenants of ours in other assets and office buildings that we own say, 'When are you guys going to work on bringing some new restaurant concepts to Boca?'"

For this property (which is adjacent to the Town Center Mall and surrounded by more than 2 million square feet of class-A office space and hotels), PEBB Enterprises sought new-to-market restaurants backed by strong, established groups. Occupants will include the first Palm Beach County location of Pubbelly Sushi, a Miami-Dade favorite for its Japanese-meets-Latin cuisine; Mexican mezcal and tequila bar El Camino, which opened in West Palm last summer following the success of its Delray Beach and Fort Lauderdale spots; Fiolina Pasta House, led by Michelin-star chef Fabio Trabocchi; and Shabibi, a Lebanese-inspired concept from chef Ralph Pagano of Naked Taco restaurants.

Hochman anticipates an end-of-summer opening for Restaurant Row, which will also boast sculptures, expansive seating, and a central fountain, making for a food-centric gathering space for visitors and locals alike. —*K. W.*

Clockwise from top left: Drinks from El Camino; Restaurant Row rendering; Pubbelly Sushi's Butter Krab Roll; Fiolina rendering.

CASA D'ANGELO Chef Rickie Piper places an emphasis on market-fresh ingredients. 171 E. Palmetto Park Road, Boca Raton (casa-d-angelo.com) **$$$**

CUCINA PALM BEACH After indulging in classic Italian dishes, clear your table for the nightclub. 257 Royal Poinciana Way, Palm Beach (cucinapalmbeach.com) **$$**

ELISABETTA'S This sleek eatery slings up handmade Italian delicacies. 201 N. Flagler Drive, West Palm Beach; 32 E. Atlantic Ave., Delray Beach (elisabettas.com) **$$**

EVO Chef Erik Pettersen is on a mission to re-create the cooking of his Sicilian relatives. 150 N. U.S. Hwy. 1, Tequesta (evoitalian.com) **$$**

GRATO Chef Clay Conley lends his prowess to Italian food at this family-friendly trattoria. 1901 S. Dixie Hwy., West Palm Beach (gratowpb.com) **$$**

HULLABALOO An Italian gastropub with creative cuisine and a unique cocktail menu. 517 Clematis St., West Palm Beach (sub-culture.org/hullabaloo) **$$**

LIMONCELLO This trattoria serves up classic dishes in a welcoming atmosphere. 2000 PGA Blvd., Palm Beach Gardens (limoncellopbg.com) **$$$**

LOUIE BOSSI'S This beloved addition to the Boca dining scene specializes in sharable Italian favorites, like homemade pasta and divine charcuterie. 100 E. Palmetto Park Road, Boca Raton (louiebossi.com) **$$**

LYNORA'S Lynora's excels at modernizing classic Italian dishes. 207 Clematis St., West Palm Beach; 1548 N. U.S. Hwy. 1, Jupiter (lynoras.com) **$$**

PREZZO Featuring old favorites alongside new, modern dishes. 4520 PGA Blvd., Palm Beach Gardens; 5560 N. Military Trail, Boca Raton (eatprezzo.com) **$$**

RENATO'S Renato's produces first-rate Italian and continental fare in a European setting. 87 Via Mizner, Palm Beach (renatospalmbeach.com) **$$$**

SIRGAE'S WOOD FIRE PIZZA An open concept kitchen produces specialty pizzas. 437 Northwood Road, West Palm Beach (sirgaeswoodfirepizza.com) **$**

TREVINI RISTORANTE Trevini serves Northern and Southern Italian dishes with taste and refinement. 223 Sunset Ave., Palm Beach (treviniristorante.com) **$$$**

LATIN AMERICAN AND MEXICAN

CASA CAÑA A nostalgic atmosphere and an eclectic Latin menu separate Casa Caña from the pack. 377 Tequesta Drive, Jupiter (casacana.com) **$$**

DON RAMON Open for nearly 30 years, Don Ramon is one of the pioneers to introduce Cuban cuisine to the West Palm Beach area. 7101 S. Dixie Hwy., West Palm Beach (donramonrestaurant.com) **$**

DR. LIMÓN Chef Carlos Brescia uses Peruvian and local ingredients to deliver a taste of Latin America. 533 Clematis St., West Palm Beach (doctorlimon.com) **$**

EL CAMINO El Camino serves Mexican soul food, like brisket quesadillas and carne asada tacos. 700 S. Rosemary Ave. Suite #232, West Palm Beach; 15 N.E. 2nd Ave., Delray Beach (elcaminowestpalmbeach.com; elcaminodelray.com) **$**

PAPICHULO TACOS Three friends came together to fuse Mexican, Cuban, Peruvian, and Argentinian influences. 1005 N. State Road 7, Royal Palm Beach; 1556 U.S. Hwy. 1, Jupiter (papichulotacos.com) **$**

PIO PIO Colombian and Peruvian roots come together to create original Latin American eats. 510 E. Ocean Ave., Boynton Beach (piopioocean.com) **$**

SEAFOOD

THE ATLANTIC GRILLE Offering bold and innovative seafood in The Seagate Hotel. 1000 E. Atlantic Ave., Delray Beach (theatlanticgrille.com) **$$$**

BENNY'S ON THE BEACH Chef Jeremy Hanlon has created a casual beachside dining experience featuring a stunning view of the Atlantic Ocean. 10 S. Ocean Blvd., Lake Worth Beach (bennysonthebeach.com) **$$**

BOCA LANDING Boca Landing inside the Waterstone Resort & Marina offers seafood dishes infused with chef Matthew Mixon's Italian and French roots. 999 E. Camino Real, Boca Raton (bocalanding.com) **$$$**

CAPTAIN CHARLIE'S REEF GRILL This unassuming restaurant packs a punch with a large selection of Cajun-inspired entrées. 12846 U.S. Hwy. 1, Juno Beach (captaincharliesreefgrillfl.com) **$**

COPPERFISH KITCHEN Sustainably sourced seafood is the speciality at Copperfish, although carnivores will also find something to love. 5250 Town Center Circle #143, Boca Raton (copperfishkitchen.com) **$$$**

LOCH BAR Stop by for handcrafted cocktails and an array of seafood delights in a classy setting. 346 Plaza Real, Boca Raton (lochbar.com) **$$$**

MUSSEL BEACH This coastal-inspired restaurant offers 12 unique preparations of mussels. 501 E. Atlantic Ave., Delray Beach (musselbeachdelray.com) **$$**

THE SEAFOOD BAR AT THE BREAKERS Stunning views of the Atlantic Ocean combine with a menu full of global seafood dishes with innovative twists. 1 S. County Road, Palm Beach (thebreakers.com) **$$$**

SEAWAY Fresh ocean ingredients and Latin flavors commingle at this oceanfront eatery at the Four Seasons Resort Palm Beach. 2800 S. Ocean Blvd., Palm Beach (fourseasons.com/palmbeach) **$$**

SPOTO'S OYSTER BAR Along with satisfying seafood dishes, enjoy specialty cocktails and wines. 4560 PGA Blvd., Palm Beach Gardens (spotos.com) **$$**

THE STATION HOUSE While the clam chowder, Ipswich steamers, and fish dishes are noteworthy, the specialty is perfectly prepared Maine lobster. 233 W. Lantana Road, Lantana (thestationhouse.com) **$$**

WATERWAY CAFE Grab a seat at the floating bar to watch the sun set on the Intracoastal. 2300 PGA Blvd., Palm Beach Gardens (waterwaycafe.com) **$$**

STEAK HOUSE

ABE & LOUIE'S In addition to serving outstanding beef, Abe & Louie's features classic New England seafood dishes. 2200 W. Glades Road, Boca Raton (abeandlouies.com) **$$$**

THE BUTCHER'S CLUB At this high-end steak house inside the PGA National Resort, *Top Chef* winner Jeremy Ford creates dishes that truly taste as amazing as they look. 400 Avenue of the Champions, Palm Beach Gardens (pgaresort.com) **$$$**

CHOPS LOBSTER BAR The extensive menu, featuring a collection of steak and seafood options, is complemented by an equally interesting wine list. 101 Plaza Real S., Boca Raton (buckheadrestaurants.com) **$$$**

CUT 432 This modern steak house has a hip, high-energy environment. Executive chef and owner Anthony Pizzo pairs his food with excellent wines. 432 E. Atlantic Ave., Delray Beach (cut432.com) **$$$**

LEWIS STEAKHOUSE The family behind Okeechobee Steakhouse brings its classic fare and exquisite hospitality to North County. 6390 Indiantown Road W. Suite #59, Jupiter (lewissteakhouse.com) **$$$**

NEW YORK PRIME This steak house has it all: first-rate raw materials, flawlessly executed dishes, and tables spaced far enough apart for private conversations. 2350 N.W. Executive Center Drive, Boca Raton (newyorkprime.com) **$$$**

SALT 7 Steak is the top draw at this late-night favorite, but make sure to savor the truffle mac and cheese as well as sashimi, specialty sushi rolls, and raw bar bites. 32 S.E. 2nd Ave., Delray Beach (salt7.com) **$$$**

STONEWOOD GRILL AND TAVERN At once casual and classy, Stonewood presents a savory menu in an intimate setting. Start with the bruschetta and end with the chocolate bread pudding. 10120 Forest Hill Blvd., Wellington (stonewoodgrill.com) **$$**

III FORKS The elegant bar and lounge create a trendy atmosphere for this modern evolution of the classic steak house. 4645 PGA Blvd., Palm Beach Gardens (3forks.com) **$$$**

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SIP WITH *PBI*

HOP TO IT

SAY "WHAT'S UP, DOC?" TO THIS CARROT-FORWARD COCKTAIL

BY JULES ARON

There's lots to love about April—egg hunts, bright fashions, and seasonal cocktails, to name a few. Whether you're awaiting the Easter Bunny, honoring Passover traditions, or simply celebrating spring's blossoming return, festive drinks are always in order. Welcome the season with an unexpected pop of color and a sip the bunny himself would approve of. Bonus: It's the perfect libation to savor on International Carrot Day April 4.

THE RUNNY BABBIT

Ingredients

1 oz. The Lost Explorer Mezcal Espadín
1 oz. Munyon's Paw-Paw Aperitif
2 oz. freshly pressed carrot juice
½ oz. passion fruit simple syrup (recipe below)
½ oz. freshly squeezed grapefruit juice
½ oz. freshly squeezed lime juice

» Add ingredients to a cocktail shaker filled with ice and shake until well chilled. Strain into a coupe glass and garnish with edible flowers.

Passion Fruit Simple Syrup Ingredients

¼ cup fresh passion fruit puree
1 cup filtered water
1 cup organic agave

» Add ingredients to a small saucepan over medium heat. Stir until the agave is dissolved. Remove from heat and allow the mixture to steep, covered, for 30 minutes. Strain into a glass container. Keep sealed in the refrigerator for up to 2 weeks.

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Spring/Summer 2023

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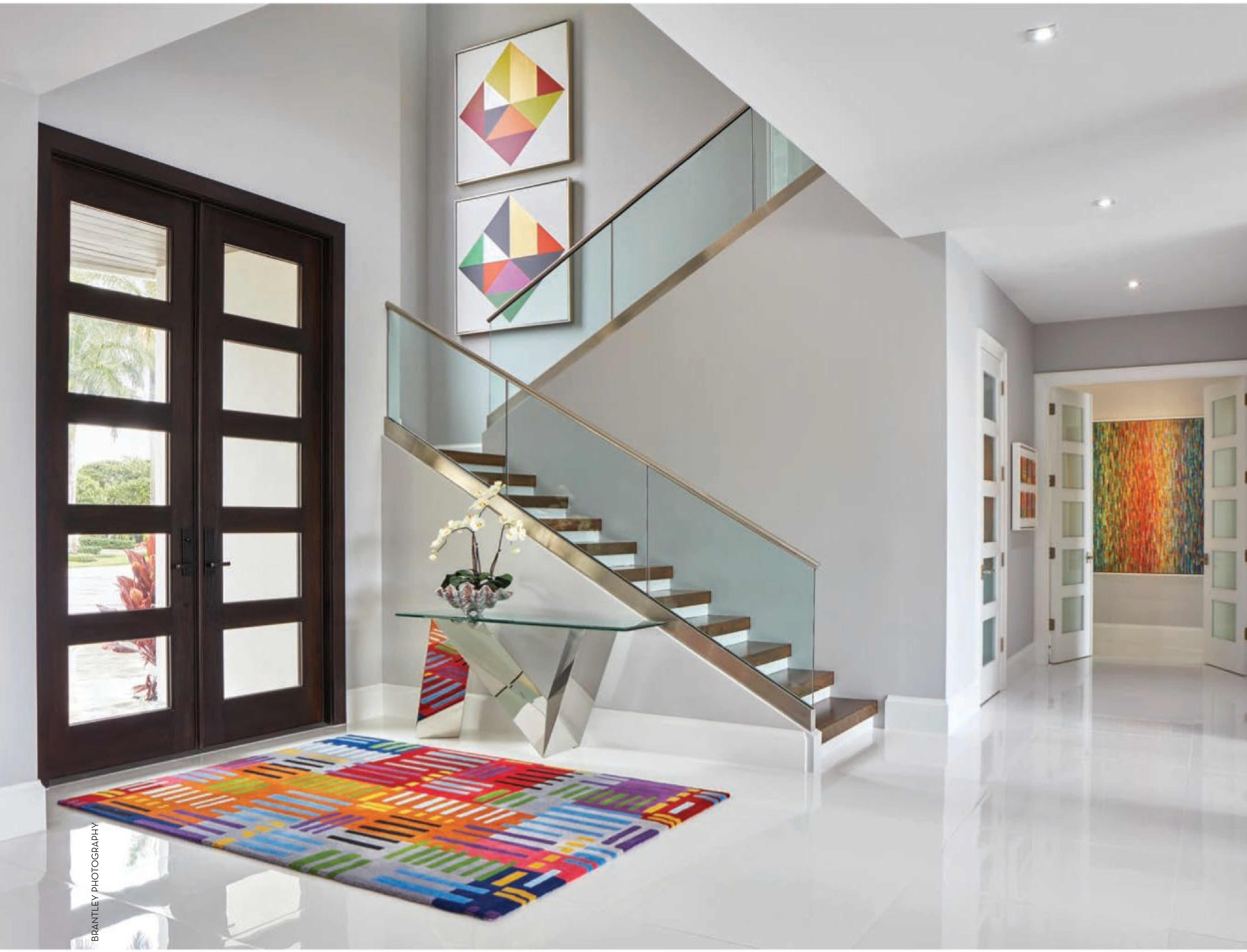


BRANTLEY PHOTOGRAPHY

DESIGN

FLYING COLORS

Susan Lachance of **Susan Lachance Interior Design** in Boca Raton knew she needed to do something to showcase the architectural details of this entry. She took a less-is-more approach and decided to offset the home's neutral palette by adding pops of color. Now, as visitors pass through the large doors, they can experience each individual piece, all of which come together to form an inviting vibe with happy undertones. "I always work with the architect to maximize the use of spaces and emphasize the importance of natural light," says Lachance. "Executing vibrant colors through art, the area rug, and accessories uplifted the space and mood." *(susanlachance.com) —Liza Grant Smith*

ELEMENTS

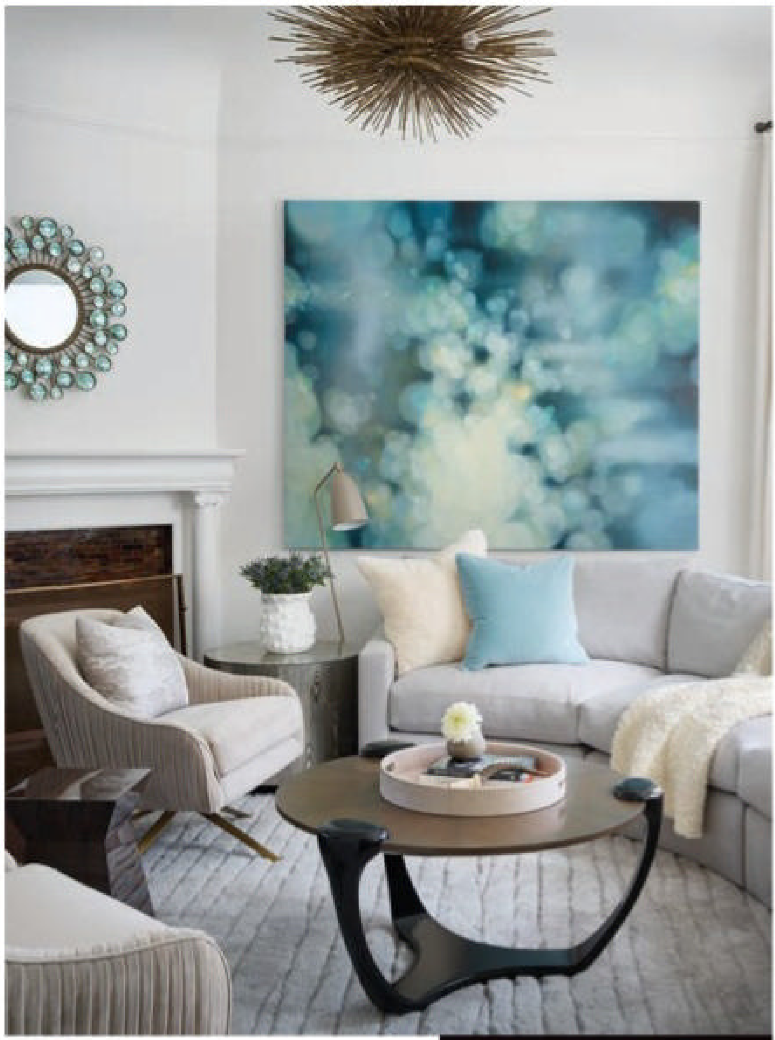
DEEP BLUE SEA

USHER IN WAVES OF SERENITY WITH WATER-EVOCATIVE DECOR

BY LIZA GRANT SMITH

WAVE HELLO
Available in 11 finishes, the **Hubbardton Forge** Crossing Waves pendant ($3,100) boasts ribbons of hand-forged steel illuminated from above. *Miller's Fine Hardware, West Palm Beach, Jupiter (millershardware.com)*

MARINE BIOLOGY
Handmade in California, **Annieglass**' Ultramarine glass dinner plates ($63 each) capture the ethereal beauty of water. *T is for Table, West Palm Beach (tisfortable.com)*



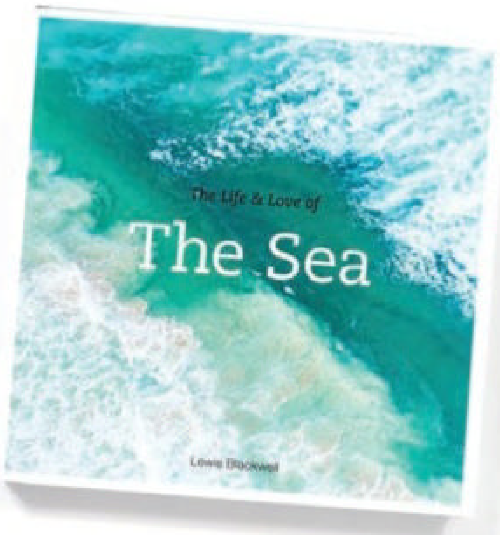
JOSÉ MANUEL ALORDA PHOTOGRAPHY

SOOTHE THE SOUL
Designer Annie Lowengart of **Ann Lowengart Interiors** orchestrated a sea-inspired room to suit her client's personality. "This space reflects the owner and her absolute love for anything related to the sea," Lowengart says. "The mirror above the fireplace was our starting point, and she asked us to play off of the beautiful watery blue in the glass that surrounds. We took that theme idea and capitalized on it with art evocative of raindrops in a tropical shower." *Palm Beach (annlowengart.com)*

SEE AND BE SEEN
Peruse photography from above and below the water in **Lewis Blackwell**'s *The Life & Love of the Sea* ($55). *Barnes & Noble locations (barnesandnoble.com)*

ROCK STAR
Take an abstract approach to coastline designs with the Ocean Rock pillow ($219 for 22-inch size) from **Coastal Home Pillows**. *Excentricities locations (excentricities.com)*

BAHAMA BREEZE
Infuse any space with the aroma of ocean mist, sea salt, white tea, and coconut with this 90-day reed diffuser ($58) by **Nest Fragrances**. *Hive Home, Gift & Garden, West Palm Beach (hivepalmbeach.com)*



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OCEAN MIST & SEA SALT

SIDE GIG
Even algae can have a starring moment with this side table ($506) from **Jamie Young**, inspired by the aquatic plant's shape and texture. *Idlewild Imports, Wellington (idlewildimports.com)*

ON BOARD
Create an artistic spread for guests on this acacia wood charcuterie board ($120), hand-painted by local artist **Leslie Wiles**. *Luxe Furniture, West Palm Beach (luxefurniture.net)*

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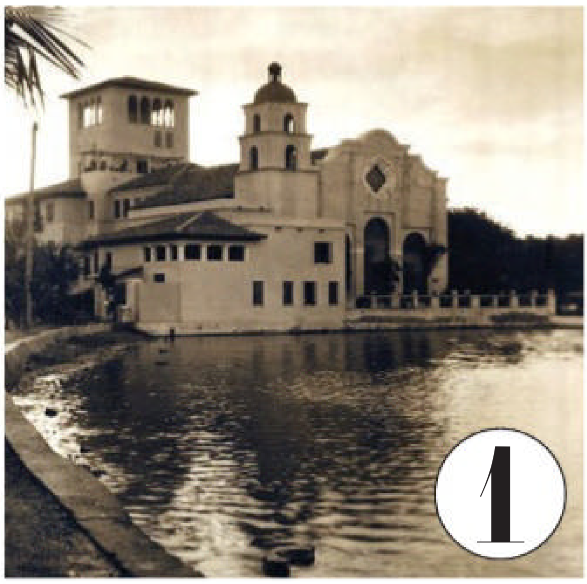
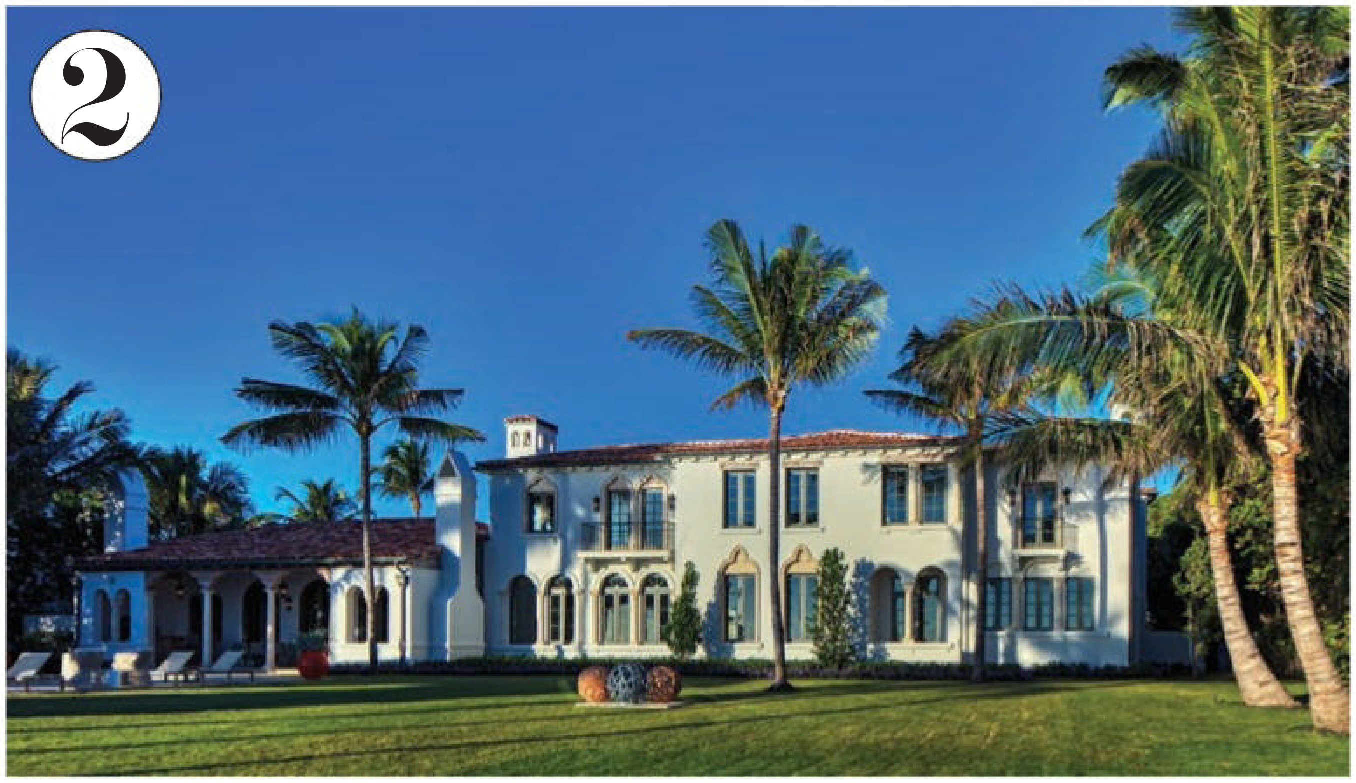


COURTESY OF THE PRESERVATION FOUNDATION OF PALM BEACH



© STEVEN BROOKE

HERITAGE

The MIZNER Legacy

THESE ENDURING PROJECTS DEMONSTRATE THE STYLE AND INFLUENCE OF THE LAUDED ARCHITECT

BY MARIE PENNY

Last year marked the 150th anniversary of the birth of Addison Mizner (1872-1933). We can't imagine a Palm Beach without his work, however, there was a time when many of his grand estates (such as El Mirasol, Playa Riente, and Casa Bendita) met their demise. The three properties featured here achieved landmark status after the preservation movement began in earnest during the late 1970s. They are considered Mizner Mediterranean Revival—with a touch of Moorish influence for the Everglades Club.

MEN AT WORK, CIRCA 1979

COURTESY OF THE PRESERVATION FOUNDATION OF PALM BEACH

1. THE TRENDSETTER: THE EVERGLADES CLUB, 1919

Mizner initially came to Florida for the curative effects of the sun, but he stayed for the professional opportunities, the first of which was to design the Everglades Club. When he first viewed the site he stated, "It's so beautiful that it ought to be something religious: A nunnery with a chapel built in the lake with great cool cloisters and a court of oranges." The club set the tone for Mizner's residential commissions that followed soon after.

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➔ MORE ABOUT MIZNER! THE PRESERVATION FOUNDATION IS EXCITED TO ANNOUNCE THE PUBLICATION OF *ADDISON MIZNER, VISIONARY ARCHITECT* THIS SPRING. WRITTEN BY ROBERT L. FORBES AND ILLUSTRATED BY BARBARA MCCLINTOCK, THE BOOK IS AVAILABLE AT *SHOPPALMBEACHPRESERVATION.ORG.*

2. THE BALLINGER AWARD WINNER: VILLA MORA, 1921

Originally built for Alfred and Elizabeth Kay and known as "Audita," Villa Mora is the winner of the Preservation Foundation's 2022 Ballinger Award, which honors an exemplary restoration of a historic estate. The house has stood the test of time, with additions and alterations by Wyeth, King & Johnson in the 1950s, up to the present-day work by Portuondo Perotti Architects.

3. THE ADAPTIVE REHABILITATION: WARDEN HOUSE, 1922

The Warden House was designed for William Gray Warden, a Standard Oil partner. More than 50 years later, Robert Eigelberger saved it from the wrecking ball and developed an ambitious plan to convert the interior of the structure into six condominiums without altering the exterior. Warden House and Bienestar, a Marion Sims Wyeth estate on Grace Trail and Eigelberger's second adaptive rehabilitation, were the first recipients of the Ballinger Award in 1988.

Marie Penny is the director of archives for the Preservation Foundation of Palm Beach.

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Lisa Mastronardi

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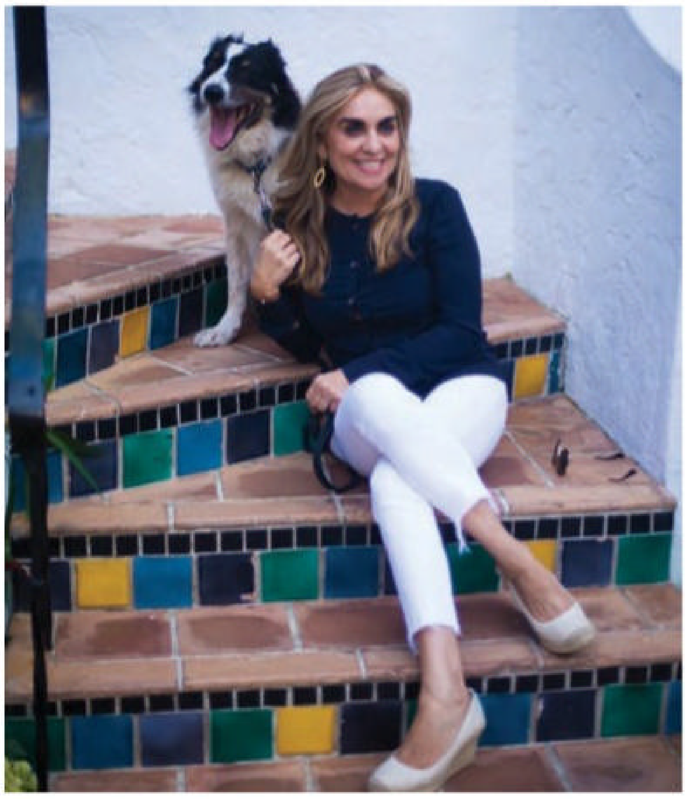

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OVERVIEW

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ADDRESS

13101 Monet Lane, Palm Beach Gardens

YEAR BUILT

2019

ASKING PRICE

$17.5 million

DEVELOPMENT

Frenchman's Creek Beach & Country Club

SETTING

Located amid 380-plus feet of lake frontage adjacent to meandering, glistening waters and the long verdant greens of Frenchman's Creek Beach & Country Club, the showstopping environment allows for enjoyment of the private beach club, renowned 36 holes, and amenities.

SIZE

12,163 square feet under air

BEDROOMS/BATHS

Seven bedrooms, eight baths, one half bath

INTERIOR HIGHLIGHTS

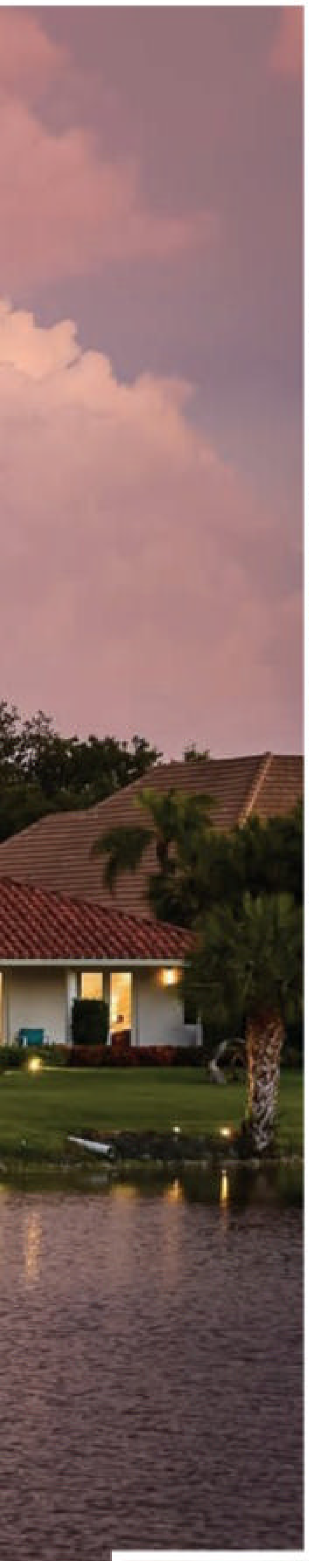
Completely renovated in early 2019, this stunning estate offers five bedrooms, six full baths, and one half bath in the primary home; a one-bedroom, one-full-bath butler's apartment; and a one-bedroom, one-full-bath lakefront guest cottage. Highlights include marble inlay wood flooring, lofty floor-to-ceiling height, a 2,500-square-foot owner's suite, and a temperature-controlled, 1,000-bottle display wine room with contemporary cylinder elevator access.

EXTERIOR HIGHLIGHTS

The outdoor area boasts a generous loggia outfitted with a Brown Jordan luxury kitchen and a pizza oven. Newly completed in early 2022, 10,000 square feet of pristine coral decking surrounds a fountain and a fire-elemental, resort-style pool with a swim-out area and a private putting green, all against a backdrop of incredible green space.

FOR MORE INFORMATION

Lynn Byrd, Illustrated Properties, Jupiter (561-762-2772, lynnsbyrd.com)



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9,407 SQ. FT. | 5 BEDROOMS | 6 FULL & 3 HALF BATHS

11736 Valeros Court is a beautiful 2-story estate has architecture and old world European ambiance which blends seamlessly with an amazing array of luxury amenities and design details. Conveniently located in the heart of the Palm Beaches. **$12,450,000**

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real estate spotlight

APRIL 2023

WHAT SETS YOU APART FROM OTHER REAL ESTATE BROKERS?

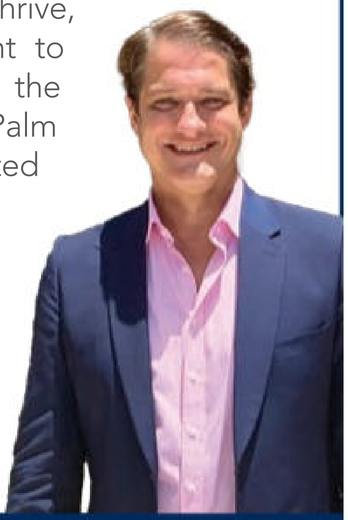
I grew up on the island and have been connected to Palm Beach since the '80s. My mother, Cristina Condon, has been a driving force in real estate for close to 40 years. I have witnessed firsthand our market transition over time into what it has become today—a thriving global destination. This unique understanding and knowledge of Palm Beach's history allows me to find special and extraordinary properties for clients. Being part of Sotheby's International Realty network also sets me apart from other real estate brokers since it provides access to some of the most prestigious contacts around the world.

PALM BEACH HAS ALWAYS BEEN CONSIDERED A PLAYGROUND FOR THE RICH AND FAMOUS. HOW HAS IT EVOLVED?

Palm Beach is a beautiful island with lush landscapes and idyllic weather, which, in the past, has been its biggest draw. Historically, it has drawn buyers looking for seasonal winter homes, allowing them to escape the cold while enjoying the highest level of security and privacy. Over the past few years, Palm Beach undergone an exciting resurgence that is piquing the interest of young families who are moving here year-round. New developments, restaurants, and retail are helping to create a buzz of energy to the town. Multigenerational families are now interested in establishing roots in Palm Beach on a yearly basis, making the island less seasonal.

IN WHAT WAY IS PALM BEACH UNIQUE FROM OTHER REAL ESTATE MARKETS?

The market in Palm Beach is incomparable. Typically, properties here sustain value regardless of outside market factors. Unlike other markets that fluctuate based on macroeconomic conditions, Palm Beach continues to thrive, making it a safe alternative investment to the financial market. Situated between the Intracoastal and the Atlantic Ocean, Palm Beach is such a special town with limited real estate available, truly making it like no other place in the world. Everyone wants their own little piece of paradise.



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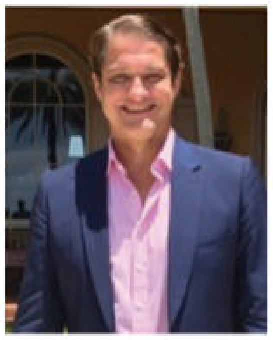

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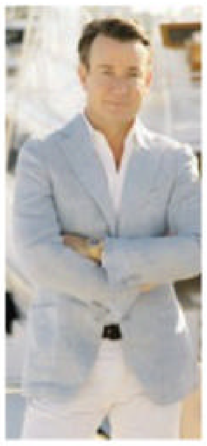

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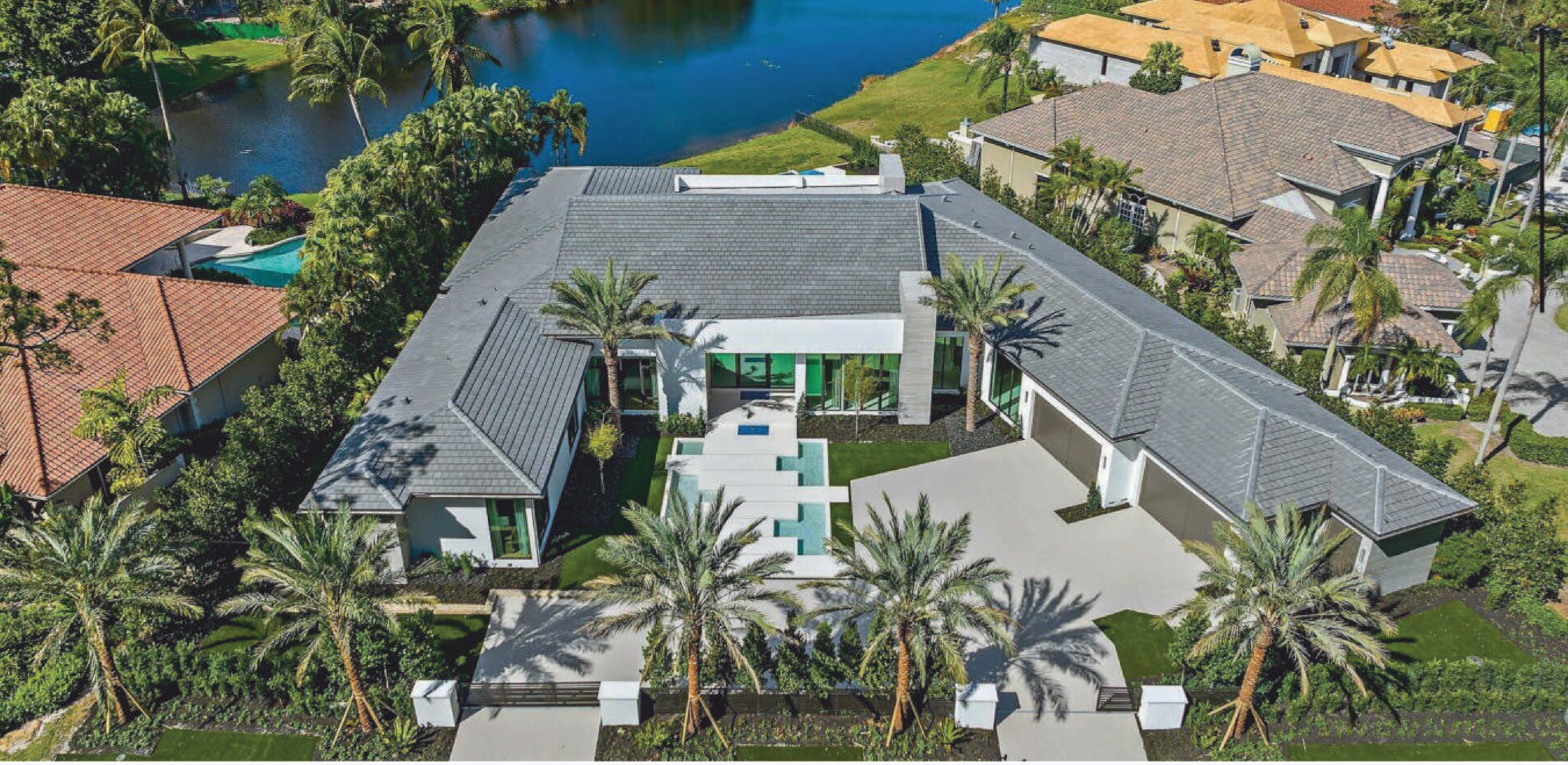

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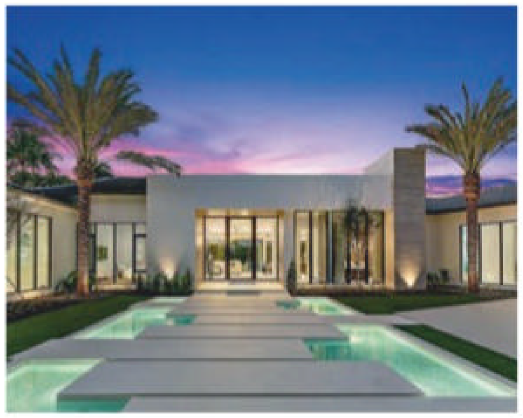

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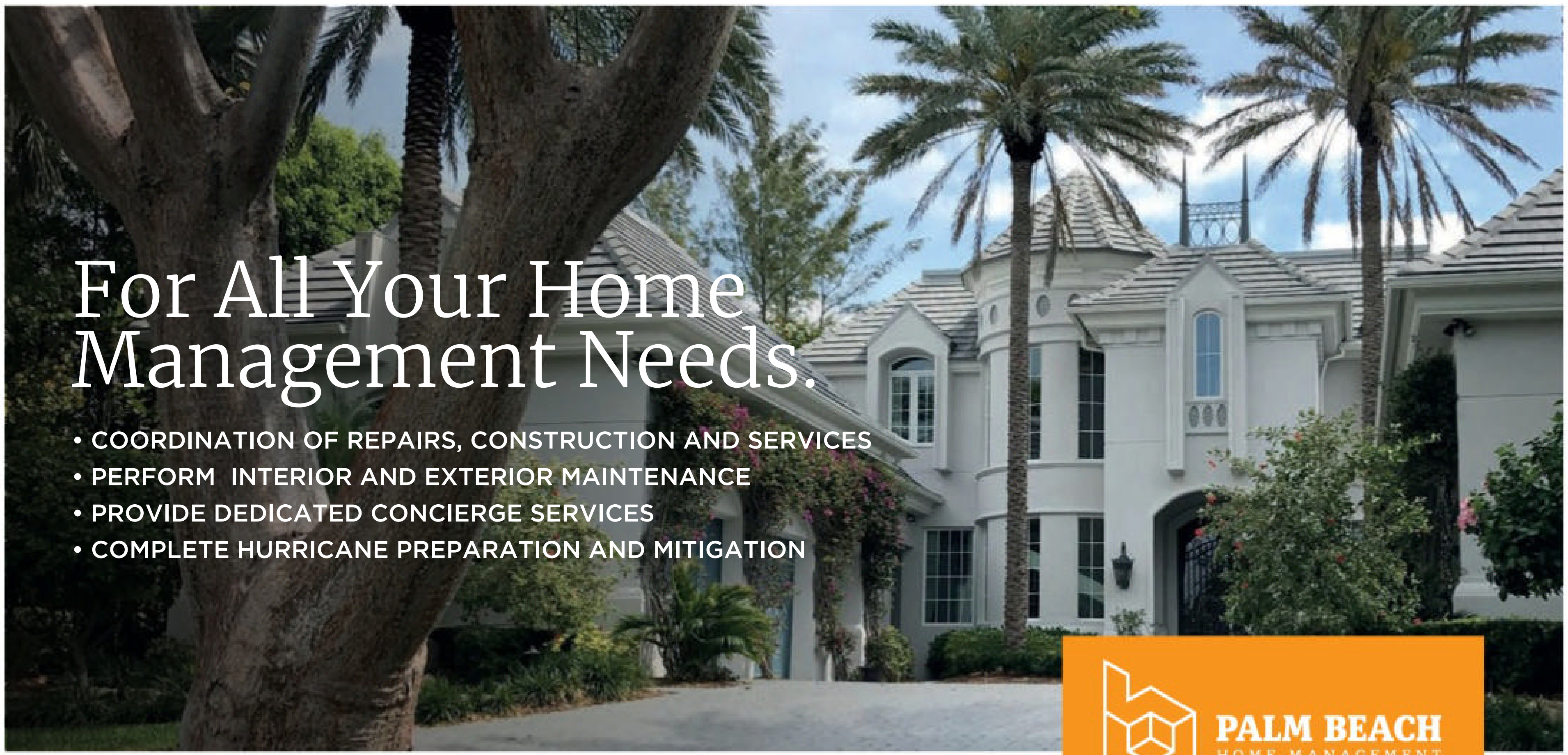

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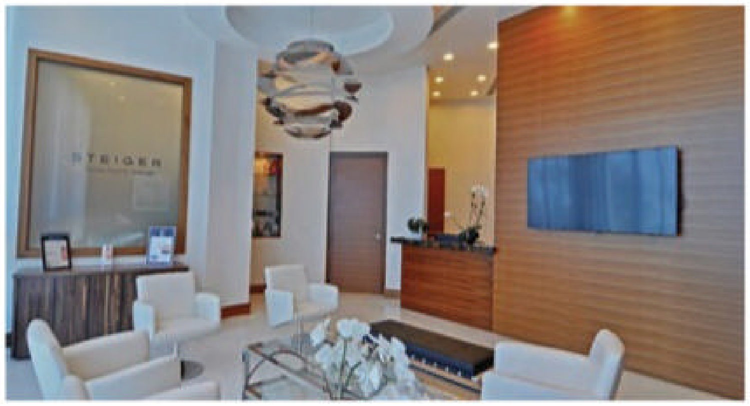

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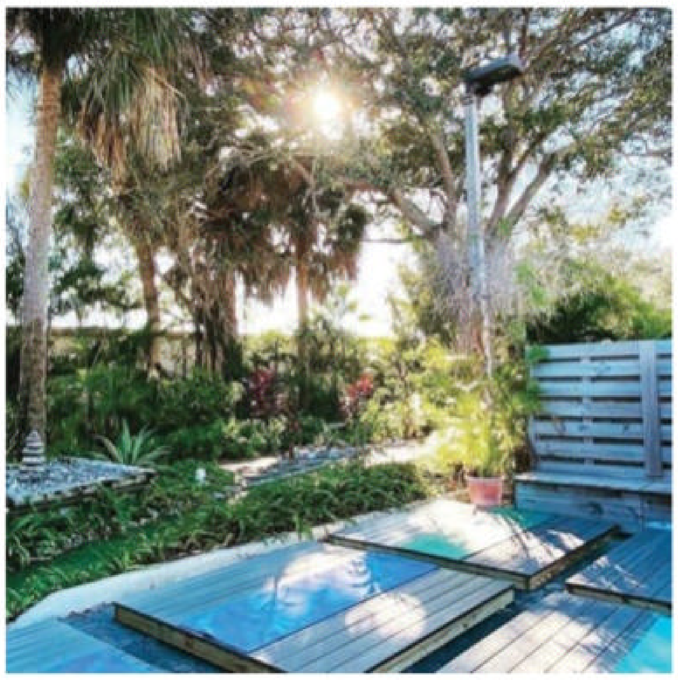
WORK-LIFE

NOW AND **ZEN**

Wish those feelings of calm and clarity that you experience during yoga sessions could carry over into your career endeavors? That's the idea behind **Co-Lab Kula**, the coworking space attached to Kula Yoga Shala in Jupiter. Within this quiet, meditative environment, local entrepreneurs, freelancers, creatives, and remote workers can focus on their task at hand. Kula (a Sanskrit word that translates to "community") offers daily drop-ins or monthly memberships for use of its communal space, which includes access to office amenities, coffee, and kombucha, as well as discounted yoga classes. "It's such a unique opportunity for us to be able to start our day by rolling out our yoga mat, connecting to ourselves in a way that leaves us calm yet energized, and then just setting up shop for work right inside the studio," says Scott Feinberg, the studio's owner. "It really helps people bring the spirit of presence into their work lives, where we so often tend to lose that." *(kulayogashala.com) —Liza Grant Smith*



FITNESS

By Any STRETCH

Once considered a post-workout suggestion that many skipped when time was tight, stretching has taken center stage as an important fitness activity in and of itself. Here, Lourdes Sanchez, general manager of **Stretch Lab** in Palm Beach Gardens, gives us the scoop on stretching and why it's become such a hot topic. *(stretchlab.com/location/palmbeachgardens) —L.G.S.*

***PBI*: Isn't stretching mainly for athletes or those recovering from an injury?**

Sanchez: Stretching is the deliberate lengthening of muscles to increase flexibility in the muscles and range of motion in the joints. As a result, stretching activities are an important part of any exercise or rehabilitation program, no matter your age or fitness level.

What are a few of its specific benefits?

Improved circulation: Stretching increases circulation to your muscles, bringing nourishment and getting rid of waste byproducts in the muscle tissue. Better posture: Frequent stretching helps keep your muscles from getting tight, allowing you to maintain proper posture, which can minimize discomfort, aches, and pains. Stress relief: Stretching relaxes the tight, tense muscles that often accompany stress. One study of office workers who participated in 25-minute stretching sessions two days a week for 12 weeks found improvements in scores of mental health and vitality for participants. Enhanced performance: Maintaining the full range of motion through your joints keeps your body in better balance and helps your muscles work more efficiently.

How do you determine what works for each client?

We offer a 25-minute targeted stretch and a 50-minute full-body stretch and base the specific stretches chosen on things such as activity level, injuries, specific goals, and most importantly our proprietary MAPS [mobility, activation, posture, and symmetry] technology that helps identify areas of opportunity and focus.

GIVING BACK

COUTURE FOR A CAUSE

Created by jewelry designer Amedeo Scognamiglio of Faraone Mennella, the Hope for Depression pendant represents a marriage of beauty and benefit. The jewelry piece portrays the Roman goddess of hope, Spes, in 18-karat gold surrounded by diamonds. But more than just its stunning good looks, this pendant also has a heart of gold. A portion of the proceeds from each sale are donated to the **Hope for Depression Research Foundation** in support of its mission to fund neuroscience research into depression, including identifying the root causes, developing a medical diagnosis, discovering new treatments, and finding methods to prevent it.

"Mental health is an issue close to my heart, having experienced it and its consequences in my own family," says Scognamiglio. "Spes was called 'the last goddess' as hope never dies in front of the worst adversities in life. I thought it was the most appropriate tribute to Hope for Depression, and at the same time an exquisite Italian piece of jewelry holding a profound symbolism."

The pendant retails for $9,300 and is available to purchase online and at Via Coquina on Palm Beach. *(viacoquina.com; hopefordepression.org) —L.G.S.*

Audrey Gruss, founder of the Hope for Depression Research Foundation, wears the Spes goddess pendant at the 2023 Palm Beach Race of Hope.

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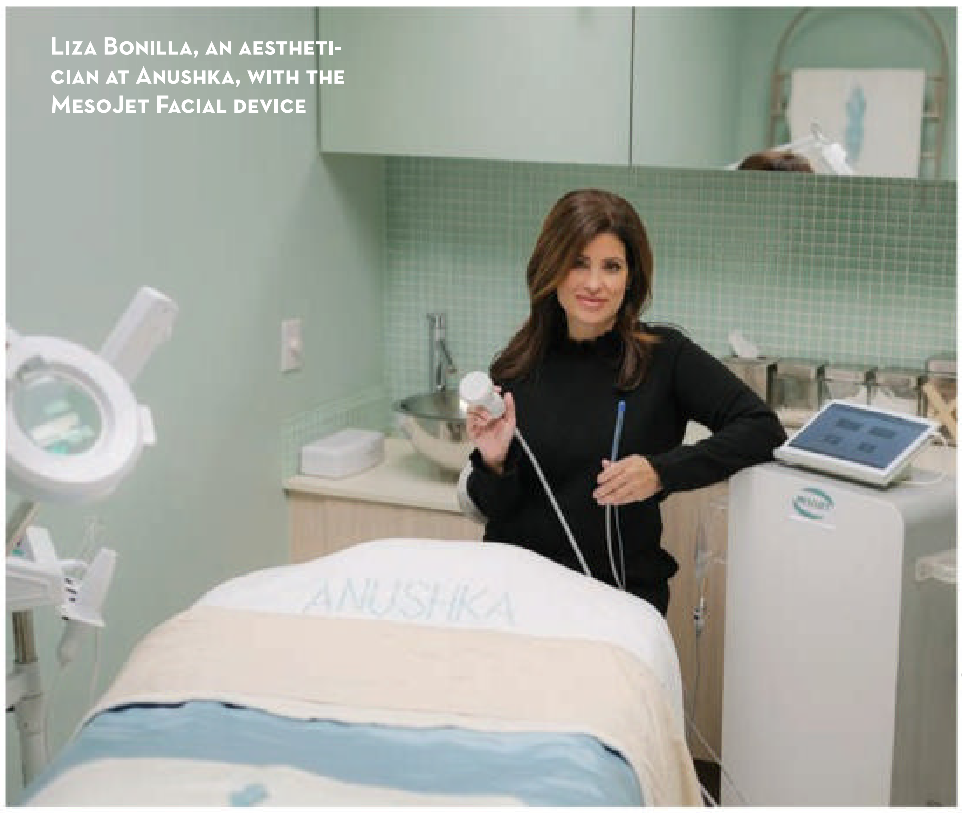

LIZA BONILLA, AN AESTHETICIAN AT ANUSHKA, WITH THE MESOJET FACIAL DEVICE

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We're all looking for the trifecta of facials: a treatment that at once tightens, brightens, and can have us ready for a same-day event. The MesoJet just might be that unicorn.

At **Anushka Spa, Salon & Cosmedical Centre** in West Palm Beach, the MesoJet Facial with Radiofrequency treatment is divided into three parts: the cleanse, the infusion, and the radiofrequency. Using the handheld MesoJet device, your aesthetician will cleanse your skin with a pressurized water jet, first working in movements to promote lymphatic drainage. (If you've ever used a gua sha facial massage tool at home, then you'll recognize the motions.) The water jet air is cold, so it may take your breath away, but it is a sensation you will get used to.

In the infusion step, your aesthetician will select serums to best support your skin type and desired results. In my case, my aesthetician, Liza Bonilla, used the iS Clinical Pro-Heal Serum, ZO Skin Health Illuminating AOX Serum, and Dr. Dennis Gross Alpha Beta Moisturizer. While the jet stream can deliver these solutions deep into the derma, its gentle exfoliation will make this the most pleasant "peel" you've ever had.

The radiofrequency is an add-on, but it really is a must. Whereas the water jet is cold, the radiofrequency is akin to a hot-stone massage. Ask your aesthetician to do one side of your face, and then peek in a mirror to do an immediate results comparison. In my case, I saw noticeable tightening around my chin and neck, a lightening of sunspots and post-baby melasma, and absolutely no irritation, a feat given my naturally rosy complexion and mild rosacea. After my facial, I went out for brunch and felt confident that all anyone could see were my glowing results—no redness required. *(anushkaspa.com) —Mary Murray*

Dental Healing Arts

Dr. Ilona Fotek is a Biological Cosmetic and Restorative Dentist. She defines herself as an artist of the smile and a physician of the mouth. She utilizes the safest available methods to restore teeth and reinstate dental and overall health. Her feminine touch, artistic finesse, and special attention to details makes her sought after and highly recognized by the community. Dr. Paul Fotek is a board-certified periodontist and implant specialist who also shares a passion for biologic approach in surgical treatment. Their combined expertise in smile design and its reconstruction as well as complex dentistry is an art of its own. As a team, they understand the issues and concerns their patients experienced and focus on a biologic approach to help patients achieve the smile rejuvenation, employing natural processes that minimize toxic load on the body. Dental Healing Arts takes a holistic approach to dental health, treating issues that occur in the mouth and body by tackling the underlying root cause, be it poor nutrition, jaw under-development and TMJ, Sleep Apnea or environmental toxins.

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ARE THERE NATURAL WAYS TO MANAGE METABOLISM, IMPROVE LIBIDO AND ENERGY?
Hormone imbalances are often caused by issues related to sleep, diet, stress, and toxins. I constantly research the latest in nutritional supplements and lifestyle changes to find ways to rebalance hormones. I work as a team with my patients, who come from all over the world to my Los Angeles and Palm Beach offices or meet with me online.

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2

POPPI

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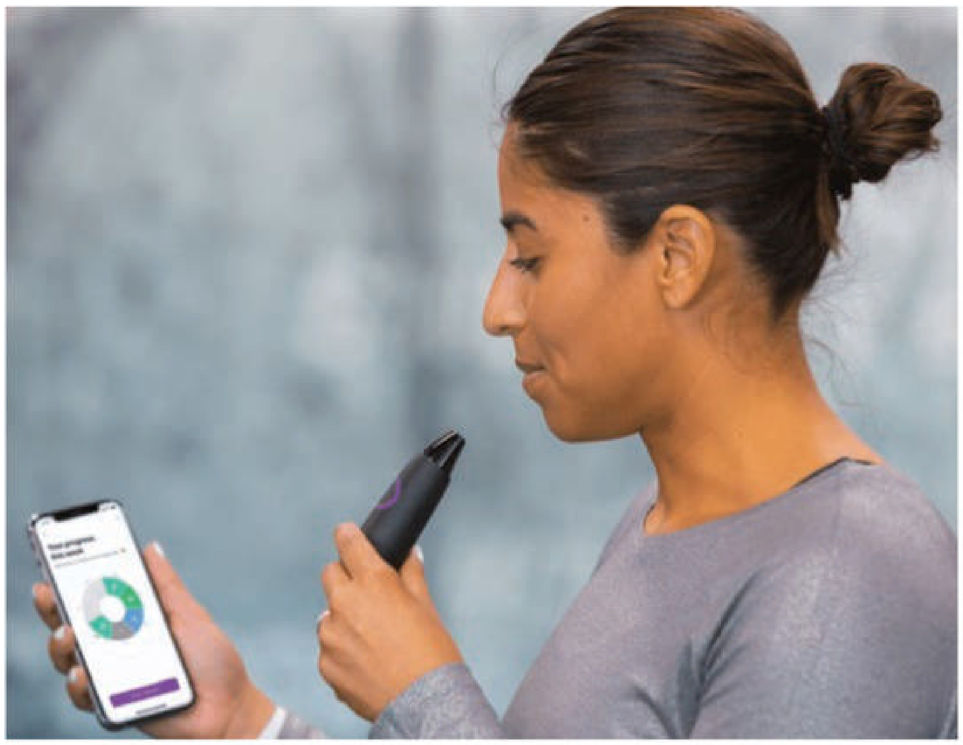


TECH

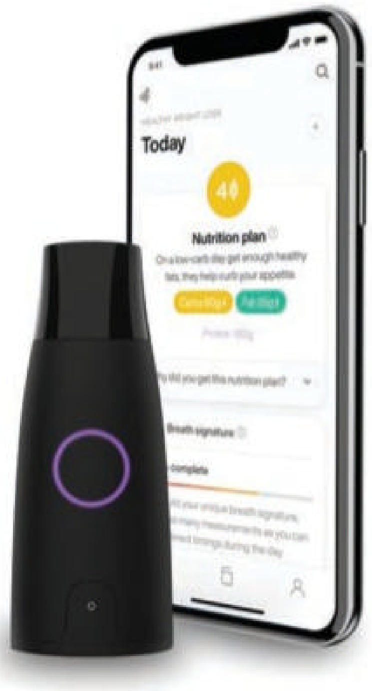
Health Hack

If you're like most people, you've blamed (or credited) your metabolism for weight gain or loss. But how do you know your metabolic rate? The truth is, most of us don't; you'd have to undergo an expensive lab test and then repeat it multiple times to get a real understanding of your metabolic patterns.

Thanks to **Lumen**, however, this information is now within reach. Folks looking to measure and optimize their metabolism can use this sleek biohacking breathalyzer and corresponding app anytime and anywhere.

Developed by twin sisters who are athletes and scientists (both Merav and Michal Mor have completed Ironman competitions and earned PhDs in physiology), Lumen uses a sensor to measure carbon dioxide levels in a single breath. A high carbon dioxide reading means you're burning carbohydrates; a low reading indicates you're torching fat. Why? When your cells metabolize carbohydrates, they produce more carbon dioxide compared to when they metabolize fat.

The goal is what Lumen calls "metabolic flexibility," biohacking your metabolism to become more efficient at burning fat and not just carbohydrates for energy. As you use the information Lumen provides over time, you can "hack" your metabolism to work better for you, resulting in potential rewards like easier weight loss and maintenance, deeper sleep, improved energy, stable blood sugar levels, and more. *(lumen.me)*
—*Kristen Desmond LeFevre*



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GOOD NATURE

Water, Water Everywhere

COMMUNING WITH AND CONSUMING WATER CAN IMPROVE OUR PHYSICAL AND MENTAL HEALTH

BY TAMMY FENDER

Our connection to water goes far beyond good hydration. There is a certain peace of mind that surrounds me as I paddleboard across the glassy sea at our family getaway in the outer islands of the Bahamas. It's immersive. The early morning light sparkles over the vastness and makes me feel like anything is possible. Just being there creates space around any worries, while beckoning toward fresh, expansive creative thinking.

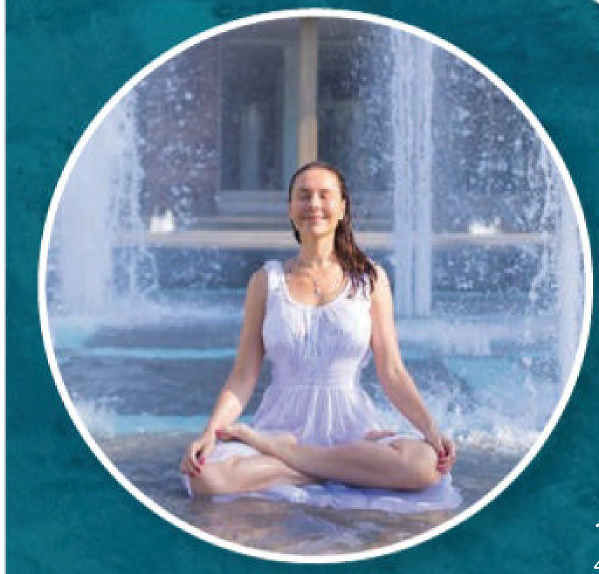
In centuries past, health practitioners prescribed "taking the waters" as a cure for depletions of all sorts. Modern environmental psychologists have confirmed what our ancestors knew, that regular visits to the seaside not only generate more happiness but also promote greater overall health. While Floridians are lucky to have easy access to the ocean, researchers have found that visiting a fountain, pool, lake, pond, or river can also have a restorative effect on mental health and the nervous system, reducing negative emotions and stress. Reaping these benefits can be as simple as soaking in a warm bath before bedtime, which can improve sleep too.

Beyond these soothing effects, water is crucial to our health. Good hydration supports the immune system, delivers essential nutrients to our cells, and keeps organs functioning well. Furthermore, water is necessary for brain health, with recent studies showing that even a 1 to 2 percent water loss can impair cognitive performance.

In my practice, I also see how consistent hydration supports the skin, which is our largest organ and a great reflection of our overall well-being. Along those lines, I love rich, plant-based moisturizing creams to seal in the benefits, but it's also important to hydrate from within. Cucumber, celery, and watermelon are three of my favorite food choices for boosting hydration—and in my opinion, coconut water is better than any sweetened drink.

Next time you find yourself looking out over the water, take an extra moment to meditate on our incredible connection to this essential element, one that makes up our very being. We came to be in the internal oceans of our mothers, and, on the deepest levels, water connects us with each other and all of nature. It's beautiful to feel that flow. «

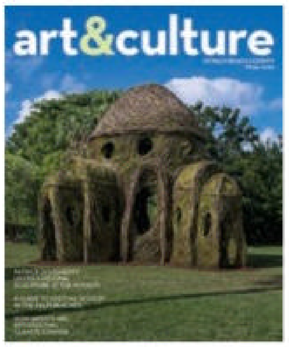
Coconut water refresher



Meditate and restore

Hydrate with watermelon

AVENTURA
THE GREAT OUTDOORS

FORT LAUDERDALE
HIT REFRESH

art&culture

STUART
WOMEN WHO FLY
PITCH PERFECT

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FIFTH AVENUE
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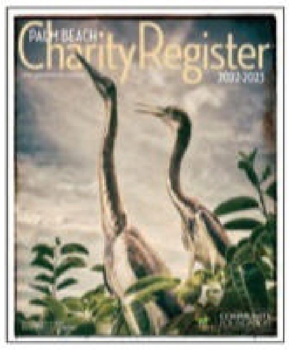
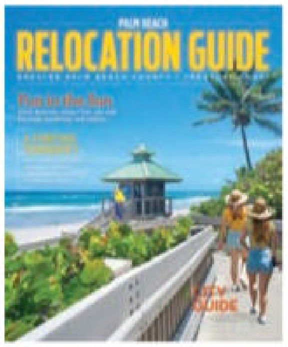

PALM BEACH Charity Register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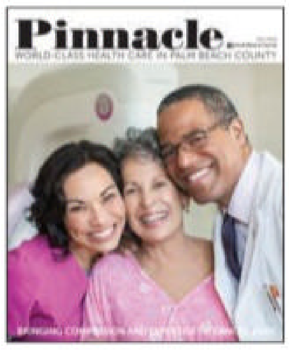
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WEALTH

Show Me the Money?

DESPITE THEIR INHERENT VOLATILITY, THEMATIC FUNDS CONTINUE TO GROW IN POPULARITY

BY SETH SOFFIAN

The upside sounds like an investor's holy grail: huge returns and support for businesses or industries people often believe in, such as clean energy, artificial intelligence, or deglobalization.

It's known as thematic investing, and it's exploded in recent years as investors continue in their everlasting search for new ideas, new trends, and greater performance. But despite all the money pouring into various thematic funds globally—data shows recent increases as high as 300 percent—there's considerable evidence that most results fall far short of expectations. In fact, many experts warn of thematic funds' high volatility, failure rates, fees, and more.

"It's not a particularly good style of investing," says Nicolas Rabener, founder and CEO of London-based financial research and analysis firm Finominal. "The reason for that is behavioral. Most humans, as it applies to retail as well as professional investors, chase performance. The problem is a large part of investors enter when a theme is at the top and when valuations have been driven to extremes."

According to a 2021 Morningstar report on U.S. thematic funds, 30 percent of such funds closed during the 10-year period observed. Another 34 percent underperformed against the broader equity market, leaving only slightly more than a third that delivered on their promise.

Similarly, university researchers in the United States and Switzerland recently found that thematic funds (often a subset of another increasingly popular investment vehicle known as exchange-traded funds, or ETFs) lost about 30 percent of their risk-adjusted value over their first five years. For this study, they looked at ETFs traded from 2019 all the way back to 1993. As they wrote in their 2021 report, *Competition for Attention in the ETF Space*, the authors determined that this underperformance "is driven by the overvaluation of the underlying stocks at the time of the launch. Our results are consistent with providers catering to investors' extrapolative beliefs by issuing specialized ETFs that track attention-grabbing themes."

Despite such dubious results, investments in thematic funds are only growing. Globally, total investments surged from about $251 billion in late 2019 to $718 billion two years later, according to Morningstar. In the United States, Morningstar reported thematic funding growth from about $49 billion in late 2019 to more than $160 billion 16 months later. Such is the allure of a popular theme mixed with potentially outsize returns.

Rabener, who likens thematic investing to venture capital for asset managers, pointed to the recent rise and fall of cannabis stocks. “Three or four years ago there was a lot of enthusiasm for it, and a lot of people jumped on the train,” he says. “Valuations got very expensive. Then when they started reporting their earnings, there was of course a big discrepancy between the multiples these companies were trading at and their earnings. At some point even the most irrational investor sees this is not a good bet, and the theme implodes.”

Perhaps no entity better exemplifies the volatility of thematic funds in recent years than high-profile fund manager Cathie Wood and her ARK Invest firm. A top executive at multiple Wall Street firms before venturing out on her own in 2014, Wood turned her aggressive beliefs in “disruptive technology” into about $60 billion in assets by early 2021.

But no sooner did ARK post whopping gains well above the market (such as nearly 150 percent in 2020 for her ARK Innovation Fund) than it grossly underperformed broader indices the last two years. Built on the likes of Tesla, Spotify, Zoom, Roku, Coinbase, and others, ARK’s flagship fund fell 23 percent in 2021, while the S&P 500 was up 27 percent. In 2022, the fund fell about 67 percent, more than triple the decline of the S&P 500.

And yet, 2023 has ARK back on the march. Its Innovation Fund had surged almost 22 percent at one point in late January, nearing the 26 and 24 percent monthly gains it posted in its banner year of 2020.

Such volatility only adds to the puzzle of thematic investing, which also includes plenty of competing opinions over what precisely defines a thematic investment. But given their popularity—and the higher-than-normal fees firms can command for them—thematic funds seem like a trend that’s hardly run its course. “From an industry perspective, it’s bound to grow,” Rabener says. “There’s no way around it.” «

Your goals.
Your life.
Your dreams.
Our expertise.

Meet your team:
From left to right: Terri Baker, Ridge Rasmussen, Joan Gillen, Tim Cronin, Shawn Oden, Carl Labossiere, Sandra Fuentes, Thomas Leonard, Mark Martorell, Joey Johnson, Kasha Aleo.

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CULTURE

YOUR GUIDE TO THE HOTTEST HAPPENINGS THIS MONTH

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TOP BILLING

TOTALLY TEMPTED

From a neighborhood in Detroit to the Rock & Roll Hall of Fame, and from Broadway to the **Kravis Center** in West Palm Beach, the story of Grammy Award–winning group The Temptations comes to the Dreyfoos Hall stage April 26-30. Written by MacArthur Fellow and Detroit native Dominique Morisseau, *Ain't Too Proud: The Life and Times of The Temptations* follows the chart-topping band from its genesis in the Motor City through their rise to fame in the 1960s and '70s, their collaborations with Diana Ross and The Supremes, and the personal and sociopolitical conflicts that threatened their unity along the way. At its heart, this jukebox musical is an ode to brotherhood and family, with the push and pull of loyalty and betrayal throughout, set to hits like "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone." *(kravis.org) —Abigail Duffy*

Catch *Ain't Too Proud* onstage at the Kravis Center's Dreyfoos Hall April 26-30.

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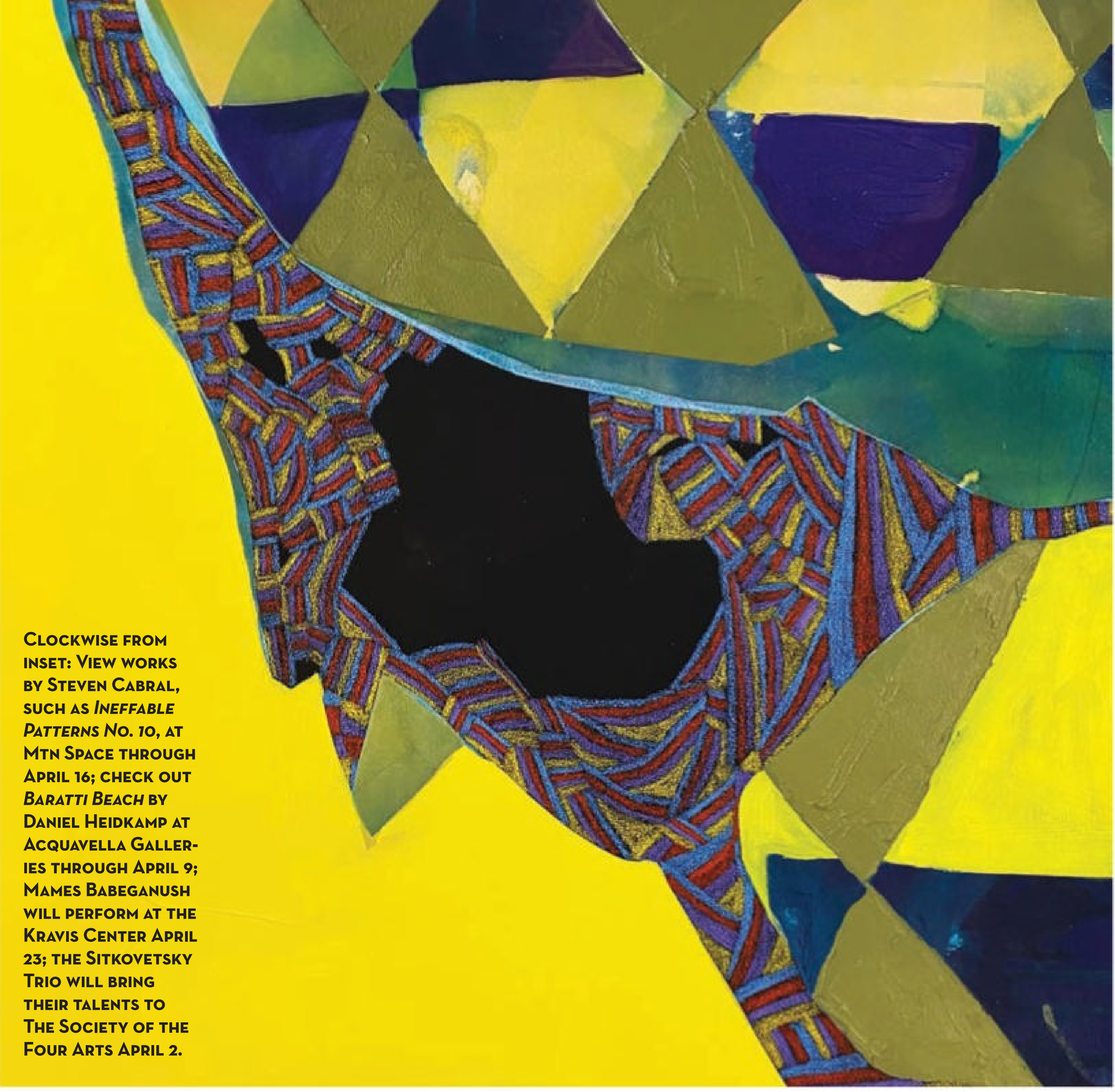
VINCI NG

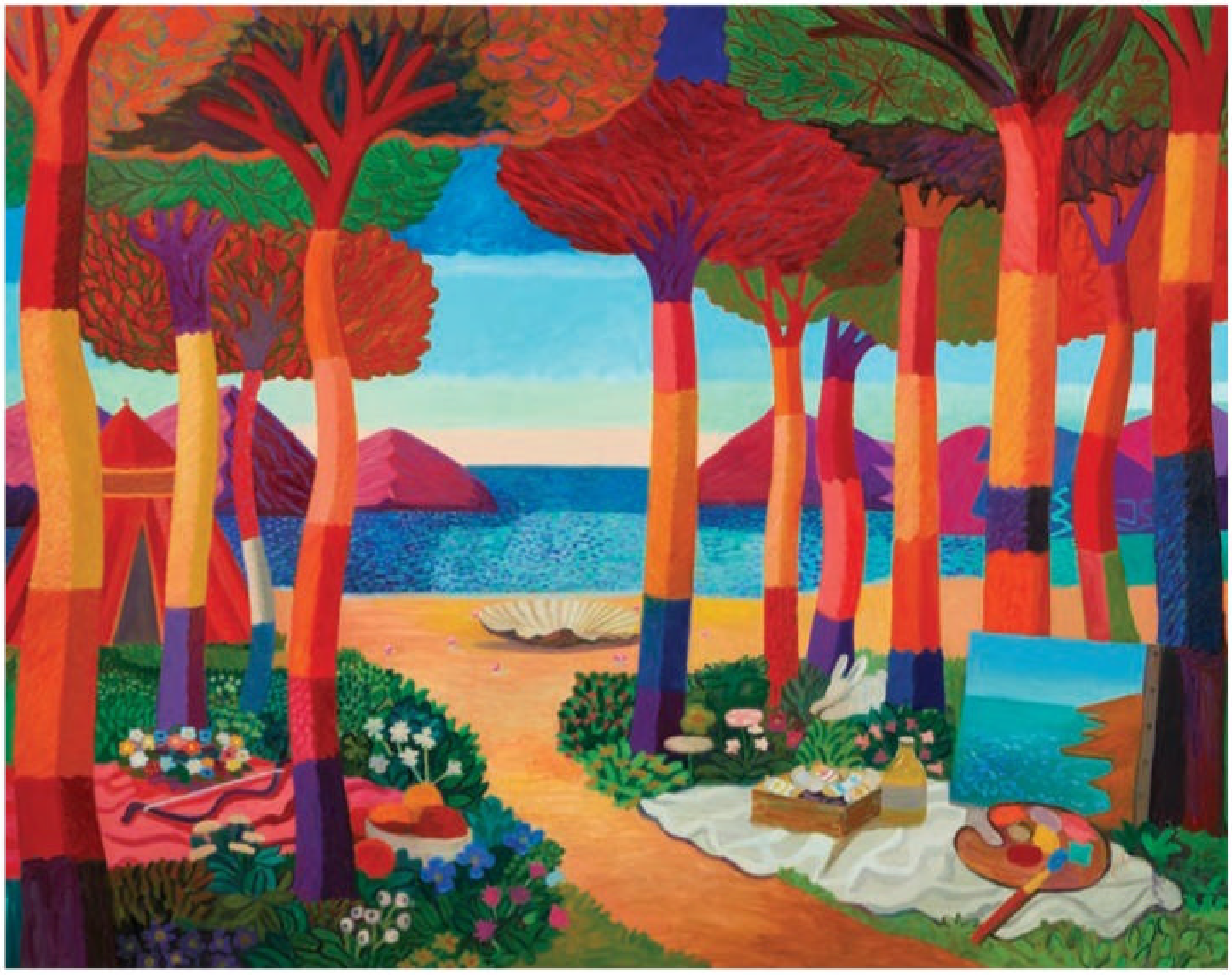


COURTESY MTN SPACE

Clockwise from inset: View works by Steven Cabral, such as *Ineffable Patterns No. 10*, at MTN Space through April 16; check out *Baratti Beach* by Daniel Heidkamp at Acquavella Galleries through April 9; Mames Babeganush will perform at the Kravis Center April 23; the Sitkovetsky Trio will bring their talents to The Society of the Four Arts April 2.

APRIL 2023

ARTS & EVENTS



COURTESY ACQUAVELLA GALLERIES

GOINGS ON

1 Artist at Work: Michel McNabb, Boca Raton Museum of Art, $5-$10. (bocamuseum.org)

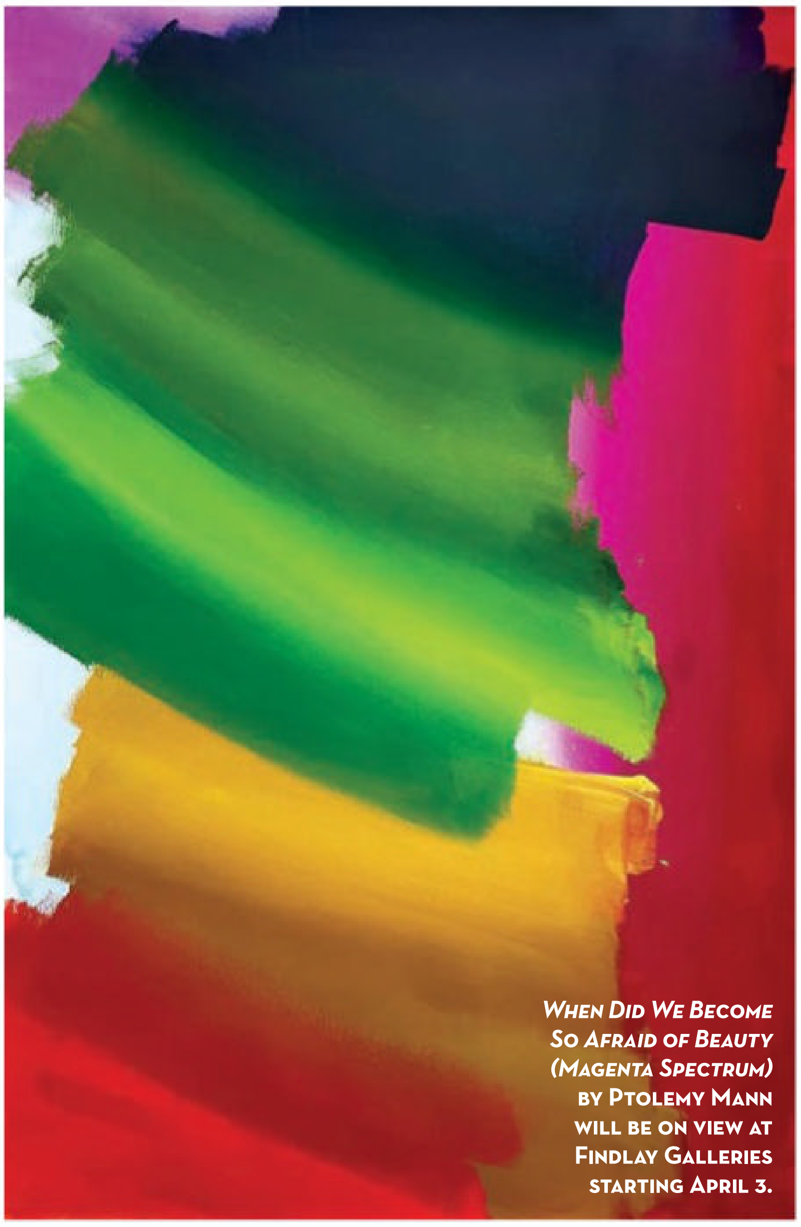
Downtown West Palm Beach Art Festival, The Square, West Palm Beach, also April 2, free. (thesquarewestpalm.com)

E4 Life: Green Health and Wellness Expo, Cox Science Center and Aquarium, West Palm Beach, contact for ticket prices. (coxsciencecenter.org)

Evening on Antique Row, benefiting the Historical Society of Palm Beach County, South Dixie Highway, West Palm Beach, $75-$200. (pbchistory.org)

Mayor's Ball 2023, benefiting Homeless Coalition of Palm Beach County, Palm Beach County Convention Center, West Palm Beach, $550. (homelesscoalitionpbc.org)

Walking Tour: History and Architecture, GreenMarket, West Palm Beach, $10. (pbchistory.org)



COURTESY FINDLAY GALLERIES

When Did We Become So Afraid of Beauty (Magenta Spectrum) **by Ptolemy Mann will be on view at Findlay Galleries starting April 3.**

2 Swank Table: Vêtu de Blanc, benefiting Palm Beach Stage College Foundation, Swank Specialty Produce, Loxahatchee, $175. (swankspecialtyproduce.com)

3 Twilight Yoga at the Light, Jupiter Inlet Lighthouse & Museum, also April 10, 17, and 24, $10. (jupiterlighthouse.org)

4 "Ending Alzheimer's Disease by Promoting Brain Health" lecture with Rudy Tanzi, Dixon Education Building, The Society of the Four Arts, Palm Beach, $20. (fourarts.org)

5 "John Ruskin: The Argument of the Eye" lecture with Robert Hewison, Dixon Education Building, The Society of the Four Arts, Palm Beach, $20. (fourarts.org)

Lighthouse Sunset Tour, Jupiter Inlet Lighthouse & Museum, also April 12, 19, and 26, $25. (jupiterlighthouse.org)

6 International Gay Polo Tournament, National Polo Center, Wellington, to April 9, contact for ticket prices. (gaypolo.com)

"Making a Mark from South Africa to the U.S." lecture with ambassador Lana Marks, Dixon Education Building, The Society of the Four Arts, Palm Beach, free. (fourarts.org)

Mori Stories: *The Tongue-Cut Sparrow*, Morikami Museum & Japanese Gardens, Delray Beach, free with paid admission. (morikami.org)

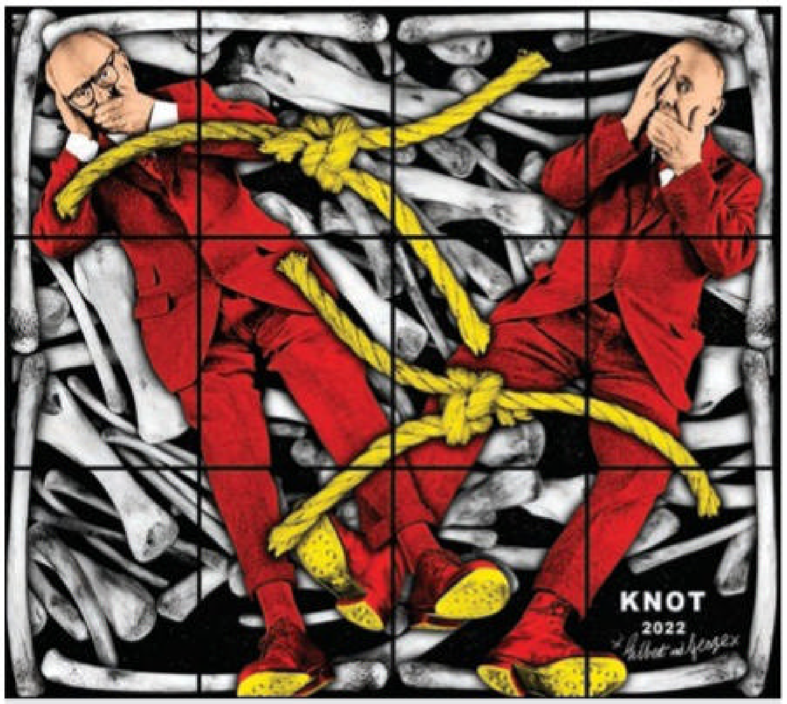
7 *I Am Sam* film screening, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $10. (fourarts.org)

2 PICKS

BLUEGRASS AT THE **FLAGLER MUSEUM** IS BACK. THE PALM BEACH LANDMARK'S KENAN PAVILION WILL SET THE SCENE FOR A SESSION OF BLUEGRASS IN THE PAVILION APRIL 15, THIS TIME RECRUITING THE TALENTS OF THE LARRY STEPHENSON BAND AND JOE MULLINS & THE RADIO RAMBLERS. *(FLAGLERMUSEUM.US)*

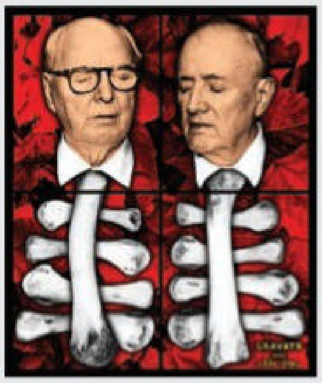
TWO-TIME TONY AWARD WINNER ALAN CUMMING WILL BRING HIS CABARET SPECTACLE, "ALAN CUMMING IS NOT ACTING HIS AGE," TO **THE STUDIO AT MIZNER PARK** IN BOCA RATON APRIL 22. THE INTIMATE EXPLORATION OF AGING BRIMS WITH CUMMING'S JOIE DE VIVRE AND LENDS COMMENTARY TO "THE MOST COMMUNAL OF PASTIMES." *(THESTUDIOATMIZNERPARK.COM) —A.D.*

FRANCIS HILLS



© GILBERT & GEORGE. COURTESY WHITE CUBE

DEAD SET



From top: Tour creations like *Knot* and *Cravats* by Gilbert & George at White Cube beginning April 12.

Gilbert & George, the prolifi art duo of Gilbert Prousch and George Passmore, will return to West Palm Beach to showcase "The Corpsing Pictures" at the **White Cube** art gallery April 12 to May 14. The exhibition toys with the art duo's explorations of inferred double meaning—starting with its shocking title, which could refer to the subject of death itself or the theatrical term for when an actor breaks character. Ambiguity, contradiction, and eeriness abound in the showcase, with Gilbert & George themselves the subjects of the pictures, often accompanied by unsettling accessories such as bones, knotted strings, and decaying plants. The exhibition will kick off with an An Evening with Gilbert & George" reception April 20 at White Cube, followed by the artists in conversation at the Norton Museum of Art in West Palm Beach April 21. *(whitecube.com; norton.org) —A.D.*

8 Easter Egg Hunt, Flagler Museum, Palm Beach, $25-$40. (flaglermuseum.us)

Wild & Scenic Film Festival, Jupiter Inlet Lighthouse & Museum, $25. (jupiterlighthouse.org)

11 A Closer Look: Alice Neel, Norton Museum of Art, West Palm Beach, free with paid admission. (norton.org)

12 History Talks: *An Illustrated History of Palm Beach: How Palm Beach Evolved Over 150 Years from Wilderness to Wonderland* with author Russell P. Kelley, Johnson Palm Beach County History Museum, West Palm Beach, $20. (pbchistory.org)

THESE EVENT DETAILS ARE CURRENT AS OF PRESS TIME, BUT PLEASE CONTACT THE VENUE OR PRESENTER FOR THE MOST UP-TO-DATE INFORMATION.

CULTURE

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© ANTHONY OCHIENG ONYANGO / MKAPA AWARDS. COURTESY NATURE'S BEST PHOTOGRAPHY.

© MICHELLE KRANZ / MKAPA AWARDS. COURTESY NATURE'S BEST PHOTOGRAPHY.

From far left: African lion, Ngorongoro Conservation Area, Tanzania, by Russ Burden; caregiver Mary Langees and African elephant orphan, Reteti Elephant Sanctuary, Samburu, Kenya, by Anthony Ochieng Onyango; and mountain gorilla, Volcanoes National Park, Rwanda, by Michelle Kranz.

WILD Wonders

Come face-to-face with African wildlife and learn about the conservation efforts preserving them in the "2022 Benjamin Mkapa African Wildlife Photography Awards" exhibition, on view at **The Society of the Four Arts** on Palm Beach April 26 to June 4. This showcase features the winning entries of the second annual Benjamin Mkapa African Wildlife Photography Awards, a joint effort between the African Wildlife Foundation and Nature's Best Photography. The international competition accepts submissions from photographers of all creeds who advocate for wildlife conservation. Visitors can gaze into the eyes of a mountain gorilla in Rwanda's Volcanoes National Park in the grand prize–winning image by Michelle Kranz, and relish in a tender moment between elephant conservation caregiver Mary Langees and an African elephant calf at the Reteti Elephant Sanctuary in Samburu, Kenya, captured by Anthony Ochieng Onyango of Nairobi. Admission is $10 and reservations are required. *(fourarts.org) —A.D.*

13 Artist Lecture: Hugo Rodriguez Loredo, Palm Beach Art, Antique & Design Showroom, Lake Worth Beach, free. (palmbeachdesignshowroom.com)

Barrett-Jackson Auto Auction, Expo Center, South Florida Fairgrounds, West Palm Beach, to April 15, $20-$85. (barrett-jackson.com)

14 Cup-a-Thon fundraising event, Lighthouse ArtCenter, Tequesta, free. (lighthousearts.org/cup-a-thon)

Delray Affair, Atlantic Avenue, Delray Beach, to April 16, free. (delrayaffair.com)

Master Gardener Tour with CJ McCartney, Ann Norton Sculpture Gardens, West Palm Beach, free with paid admission. (ansg.org)

15 "Between Light and Dark" lecture with Udo Spreitzenbarth, Palm Beach Art, Antique & Design Showroom, Lake Worth Beach, free. (palmbeachdesignshowroom.com)

Engineer It! Competition, Cox Science Center and Aquarium, West Palm Beach, contact for ticket prices. (coxsciencecenter.org)

Garden Club of Palm Beach Garden Show "In Bloom," Esther B. O'Keeffe Building, The Society of the Four Arts, Palm Beach, free. (fourarts.org)

Historical Trolley Tours, Jupiter Inlet Lighthouse & Museum, $30. (jupiterlighthouse.org)

16 American Friends of Magen David Adom Gala, The Breakers, Palm Beach, $700. (afmda.org)

Yacht Cruise and Dream Auction, benefiting West Palm Beach Library Foundation, Clematis Street Dock, West Palm Beach, $400. (wpbcitylibrary.org)

17 *Stringbean: The Life and Murder of a Country Music Legend* with author Taylor Hagood, Dixon Education Building, The Society of the Four Arts, Palm Beach, $20. (fourarts.org)

20 "Family Legacy Art for the Home" lecture with Udo Spreitzenbarth, Palm Beach Art, Antique & Design Showroom, Lake Worth Beach, free. (palmbeachdesignshowroom.com)

Sunset History Cruise, Riviera Beach Marina, $150-$175. (pbchistory.org)

21 Gilbert & George in Conversation, Norton Museum of Art, West Palm Beach, free with paid admission. (norton.org)

***Wife of a Spy* film screening,** Morikami Museum & Japanese Gardens, Delray Beach, $5-$7. (morikami.org)

22 "Biennial 2023" panel discussion with curator Juana Williams, Cultural Council for Palm Beach County, Lake Worth Beach, free. (palmbeachculture.com)

Cajun Crawfish and Music Festival, Abacoa Amphitheatre, Jupiter, also April 23, $5-$400. (abacoa.com)

23 South Florida's Craft Show, Mizner Park Amphitheater, Boca Raton, free. (myboca.us)

Swank Table: Food Cultures of the Caribbean, benefiting Path to College, Swank Specialty Produce, Loxahatchee, $175. (swankspecialtyproduce.com)

Sweet Corn Fiesta, Yesteryear Village, South Florida Fairgrounds, West Palm Beach, $5-$10. (facebook.com/sweetcornfiesta)

24 "The Israeli Declaration of Independence: A Behind the Scenes Analysis" lecture with Jack Rosenbaum, Levis JCC Sandler Center, Boca Raton, $18. (levisjcc.org)

26 Historian at the Pavilion, Jupiter Inlet Lighthouse & Museum, free with paid admission. (jupiterlighthouse.org)

27 Authors Speak: "Social Justice Parenting" with Traci Baxley, Arts Garage, Delray Beach, free. (artsgarage.org)

28 Wild Pants, benefiting The Arc of Palm Beach County, Loggerhead Marinelife Center, Juno Beach, $75-$650. (arcpbc.org)

29 Boca Bacchanal Vintner Dinners, various locations throughout Boca Raton, contact for ticket prices. (bocabacchanal.com)

Live Like Jake 5K, 1200 University Boulevard, Abacoa, Jupiter, $40. (livelikejake.com)

CELEBRATING OUR 20th ANNIVERSARY

Agatha Christie's MURDER ON THE ORIENT EXPRESS

OCTOBER 29 - NOVEMBER 12, 2023

ADAPTED FOR THE STAGE BY KEN LUDWIG

All aboard the exotic and mysterious Orient Express as it takes off with a train full of larger-than-life suspects, each one with a motive and an alibi. This clever adaptation of the Agatha Christie classic boasts all the glamour, intrigue and suspense with a healthy dose of humor to quicken the pace.

A CHRISTMAS CAROL

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BY CHARLES DICKENS | ADAPTATION BY PAUL CARLIN

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The magic of the yuletide season comes to life in Charles Dickens masterpiece, *A Christmas Carol*. This reimagined concept of the classic story of redemption is interwoven with dazzling special effects, traditional songs, strolling carolers and musicians, and will be sure to usher in holiday memories for years to come.

Beautiful The Carole King Musical

JANUARY 9 - 28, 2024

BOOK BY DOUGLAS MCGRATH

WORDS AND MUSIC BY GERRY GOFFIN & CAROLE KING, BARRY MANN & CYNTHIA WEIL

This hit musical follows the inspiring true story of Carole King's remarkable rise to stardom. Featuring a stunning array of beloved songs including "I Feel the Earth Move," and "You've Got a Friend," this Tony® and Grammy winner is the soundtrack for many generations.

PLAZA 719 SUITE

FEBRUARY 11-25, 2024

BY NEIL SIMON

Check into suite 719 at New York's Plaza Hotel in the swinging 1960s and meet three comical couples: a long-married couple revisiting their honeymoon suite to rekindle the flame; a Hollywood producer on the prowl, reunited with his childhood sweetheart; and the parents of a nervous bride who has locked herself in the bathroom!

42ND STREET

MARCH 12 - 31, 2024

MUSIC BY HARRY WARREN | LYRICS BY AL DUBIN

BOOK BY MICHAEL STEWART & MARK BRAMBLE

This love letter to Broadway is the ultimate show biz fairy tale of the chorus kid who becomes an overnight star. A 1930s backstage musical is packed with plenty of pizazz and will set your heart pounding with its rhythmically tapping feet and a hit parade of songs, including "Lullaby of Broadway," and "We're In The Money."

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SHOWS AND DATES SUBJECT TO CHANGE WITHOUT REFUNDS

SAMER ALMADANI

Clockwise from above: Don't miss Arts Garage's packed lineup, including performances by Bassel & The Supernaturals April 29; The Jeff Rupert Quartet with Lucy Yeghiazaryan April 8; and Dennis Johnson April 16.

Natural Movers Foundation's Dance All Day Festival, The Square, West Palm Beach, free. (thesquarewestpalm.com)

Plant-A-Palooza Plant Sale, Mounts Botanical Garden, West Palm Beach, also April 30, $7-$15. (mounts.org)

30 Boca Bacchanal Grand Tasting, The Boca Raton, contact for ticket prices. (bocabacchanal.com)

PERFORMANCES

1 Ballet Palm Beach presents *A Midsummer Night's Dream*, Rinker Playhouse, Kravis Center, West Palm Beach, also April 2, tickets start at $45. (kravis.org)

Lynn Philharmonia and Master Chorale of South Florida present *Messa da Requiem*, Wold Performing Arts Center, Lynn University, Boca Raton, also April 2, $35. (masterchoraleofsouthflorida.com)

Metropolitan Opera: Live in HD presents *Don Carlos*, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $15-$30. (fourarts.org)

Motown Comes to Mizner, Mizner Park Amphitheater, Boca Raton, $40. (nostalgicmusic.net)

***Oliver!*,** Maltz Jupiter Theatre, also April 2, $68-$120. (jupitertheatre.org)

Salsabor All Stars Band: El Tren Musical, Arts Garage, Delray Beach, $45-$50. (artsgarage.org)

Symphonic Band of the Palm Beaches presents "Copeland Davis Symphonic Jazz," Eissey Campus Theatre, Palm Beach Gardens, $21. (symphonicband.org)

***Wicked*,** Dreyfoos Hall, Kravis Center, West Palm Beach, to April 9, tickets start at $63. (kravis.org)

2 Atlantic Classical Orchestra presents "Chamber Series Three: Winds in the Afternoon Air," Vero Beach Museum of Art, $35. (atlanticclassicalorchestra.com)

Sitkovetsky Trio, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $40. (fourarts.org)

Tal Cohen Trio, Arts Garage, Delray Beach, $30-$35. (artsgarage.org)

4 Robert Wyatt presents "A Musician with Magic: John Williams," Osher Lifelong Learning Institute at Florida Atlantic University, Jupiter, $30-$35. (calendar.fau.edu)

5 Science Meets Music: Dr. Daniela Sammler and Dr. Patricia Izbicki, The Benjamin Upper School, Jupiter, free. (mpfi.org)

6 Arnez J, Palm Beach Improv, West Palm Beach, to April 8, $30-$40. (palmbeachimprov.com)

Clematis by Night: Sweet Justice, Waterfront Commons, West Palm Beach, free. (wpb.org)

Migguel Anggelo's LatinXOXO, Rinker Playhouse, Kravis Center, West Palm Beach, also April 7, $29-$49. (kravis.org)

***Refuge*,** Theatre Lab, Florida Atlantic University, Boca Raton, to April 23, $20-$45. (fauevents.com)

8 Carlin Park After Dark: Krush Party Band, Seabreeze Amphitheater, Carlin Park, Jupiter, free. (facebook.com/seabreezeamphitheater)

The Jeff Rupert Quartet with Lucy Yeghiazaryan, Arts Garage, Delray Beach, $45-$50. (artsgarage.org)

Palm Beach International Jazz Festival 2023, Rinker Playhouse, Kravis Center, West Palm Beach, $45-$60. (kravis.org)

10 Rhythm India: Bollywood and Beyond, Dreyfoos Hall, Kravis Center, West Palm Beach, $20-$100. (kravis.org)

11 *42nd Street*, Stark Main Stage, Riverside Theatre, Vero Beach, to April 30, $25-$70. (riversidetheatre.com)

San Salvador, Rinker Playhouse, Kravis Center, West Palm Beach, $25-$45. (kravis.org)

12 Atlantic Classical Orchestra presents "Masterworks IV: Beethoven's Fifth," First Presbyterian Church, North Palm Beach; also April 13, Community Church of Vero Beach; also April 14, Lyric Theatre, Stuart, $30-$65. (atlanticclassicalorchestra.com)

Drum Circle with Abasi Hanif, Norton Museum of Art, West Palm Beach, free. (norton.org)

Juho Pohjonen, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $40. (fourarts.org)

13 *Black Comedy*, Schmidt Family Studio, Lynn University, Boca Raton, to April 15, $15. (lynn.edu)

Eric Neumann, Palm Beach Improv, West Palm Beach, $25-$35. (palmbeachimprov.com)

Scott Bradlee's Postmodern Jukebox: Life in the Past Lane Tour, Dreyfoos Hall, Kravis Center, West Palm Beach, $34.50-$210. (kravis.org)

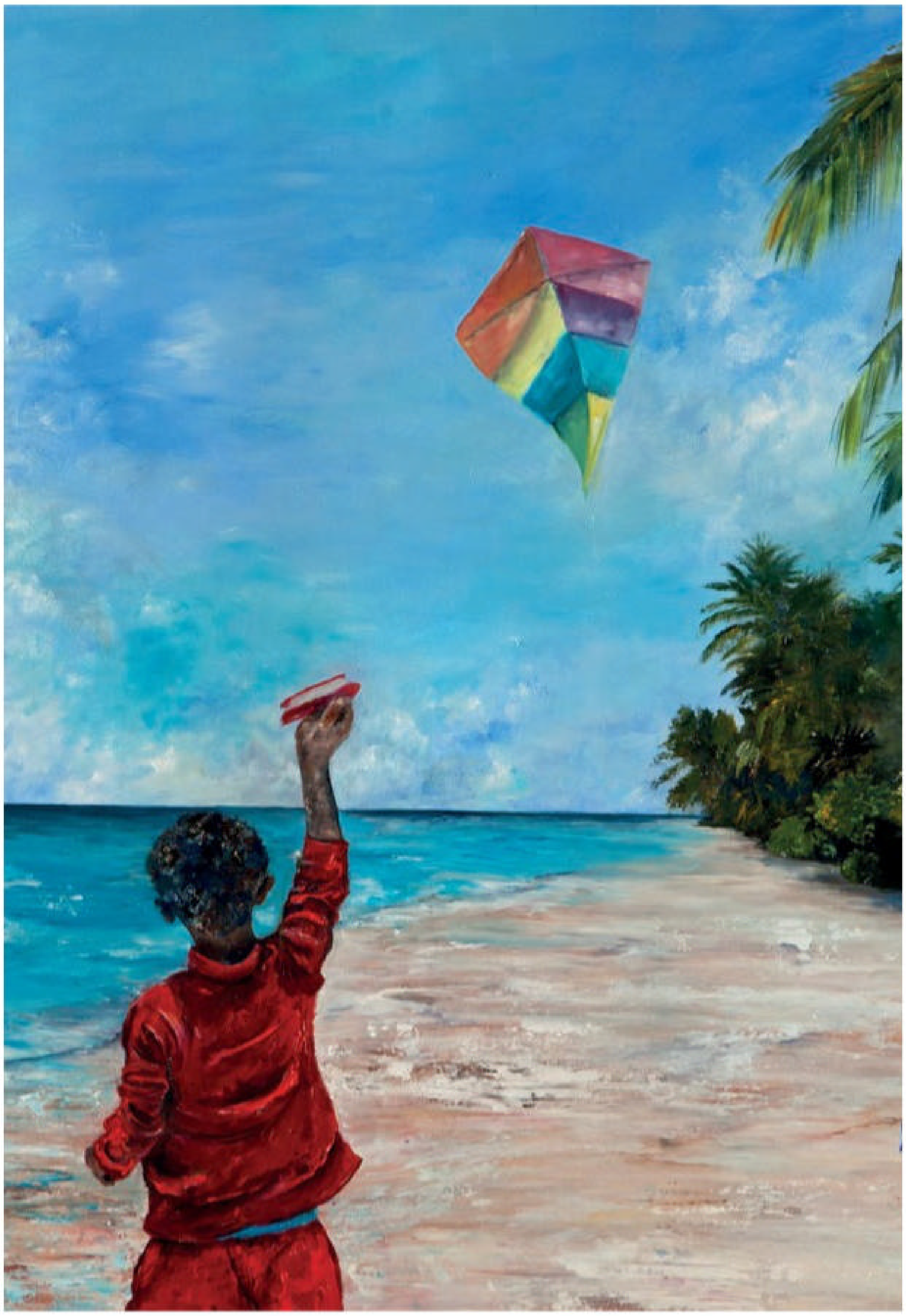
14 David Lucca y Los Classicos, Arts Garage, Delray Beach, $40-$45. (artsgarage.org)

Disney's *Newsies*, Lake Worth Playhouse, to April 30, $38 -$114. (lakeworthplayhouse.org)

2023 BIENNIAL

APRIL 21 – JUNE 24, 2023

palmbeachculture.com/exhibitions



Lupe Lawrence, *I Will Fly a Kite* (detail), 2022, Oil on canvas

Presented every two years, the Cultural Council's Biennial is a highly anticipated exhibition highlighting some of the best artists in Palm Beach County. A juried show, *Biennial 2023* will feature more than 30 artists across various mediums, including video, painting, photography, and sculpture.

Come and experience the diversity and breadth of creativity of artists living and working in this incredible cultural community. Associate Curator of African American Art at the Detroit Institute of Arts Juana Williams will serve as the guest juror for this exhibition.

Cash prizes will be awarded for Best of Show, Second Place, and Third Place, as well as a People's Choice award.

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RSVP: palmbeachculture.com/exhibitions

Panel Discussion with Guest Juror Juana Williams

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CULTURE

Sweat, Marleen Forkas Studio One Theatre, Florida Atlantic University, Boca Raton, to April 23, $18-$25. (fauevents.com)

Tuesdays with Morrie, Delray Beach Playhouse, to April 16, $39. (delraybeachplayhouse.com)

15 Anderson Brothers Play Benny Goodman, Arts Garage, Delray Beach, $45-$50. (artsgarage.org)

Bluegrass in the Pavilion, Kenan Pavilion, Flagler Museum, Palm Beach, $40. (flaglermuseum.us)

John Oliveira String Competition Final Round, Amarnick-Goldstein Concert Hall, Lynn University, Boca Raton, free. (lynn.edu)

The Price is Right Live, Dreyfoos Hall, Kravis Center, West Palm Beach, $25-$89. (kravis.org)

16 Dennis Johnson, Arts Garage, Delray Beach, $35-$40. (artsgarage.org)

Joe Mullins & The Radio Ramblers, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $40. (fourarts.org)

John Oliveira String Competition Winner's Recital, Amarnick-Goldstein Concert Hall, Lynn University, Boca Raton, free. (lynn.edu)

Masterworks Chorus of the Palm Beaches presents *Mozart's Coronation Mass,* First United Methodist Church, Jupiter, $10-$30. (masterworkspb.org)

Menopause: The Musical, Sunrise Theatre, Fort Pierce, $42-$52. (sunrisetheatre.com)

Mr. Ho's Orchestrotica, Norton Museum of Art, West Palm Beach, $10-$15. (norton.org)

Palm Beach Symphony presents "Bell, Mendelssohn, and Beethoven" with Joshua Bell, Dreyfoos Hall, Kravis Center, West Palm Beach, $25-$95. (kravis.org)

Sunday on the Waterfront: Big City Dogs, Meyer Amphitheatre, West Palm Beach, free. (wpb.org)

17 Live in Central Park [Revisited]: Simon & Garfunkel, Dreyfoos Hall, Kravis Center, West Palm Beach, $39. (kravis.org)

18 Million Dollar Time Machine, Sunrise Theatre, Fort Pierce, $51-$91. (sunrisetheatre.com)

19 Hank Williams & His Honky Tonk Trio, Delray Beach Playhouse, to April 22, $45. (delraybeachplayhouse.com)

20 Clematis by Night: 56 Ace, Waterfront Commons, West Palm Beach, free. (wpb.org)

Into the Woods, Fern Street Theatre, Palm Beach Atlantic University, West Palm Beach, to April 22, $10-$20. (pba.edu)

Million Dollar Quartet, The Wick Theatre & Costume Museum, Boca Raton, to May 14, $79-$99. (thewicktheatre.com)

Phil Hinton Trio, Boca Raton Museum of Art, $20-$30. (bocamuseum.org)

21 Anvil and Midnight Hellion, Respectable Street, West Palm Beach, $20-$25. (sub-culture.org)

Chamber Music Society of Palm Beach presents Jerusalem String Quartet, Rinker Playhouse, Kravis Center, West Palm Beach, $75. (kravis.org)

Matteo Lane, Palm Beach Improv, West Palm Beach, also April 22, $28-$38. (palmbeachimprov.com)

Miami City Ballet presents "Fresh and Fierce," Dreyfoos Hall, Kravis Center, West Palm Beach, to April 23, $35-$195. (kravis.org)

Smooth STB: Santana Tribute Band, Arts Garage, Delray Beach, $40-$45. (artsgarage.org)

22 Alan Cumming presents "Alan Cumming is Not Acting His Age," The Studio at Mizner Park, Boca Raton, $99-$150. (thestudiomiznerpark.com)

Boca Ballet Theatre presents *Giselle*, Countess de Hoernle Theatre, Spanish River High School, Boca Raton, also April 23, $30-$45. (bocaballet.org)

Lauren Henderson, Arts Garage, Delray Beach, $40-$45. (artsgarage.org)

Metropolitan Opera: Live in HD presents *Der Rosenkavalier*, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $15-$30. (fourarts.org)

23 An Americana Rock Night with The Riverbreaks, Arts Garage, Delray Beach, $25-$30. (artsgarage.org)

Israel 75 Celebration Concert with Kultur Festival, Levis JCC Sandler Center, Boca Raton, $30-$40. (levisjcc.org)

Mames Babeganush, Rinker Playhouse, Kravis Center, West Palm Beach, $35-$55. (kravis.org)

26 *Ain't Too Proud: The Life and Times of The Temptations*, Dreyfoos Hall, Kravis Center, West Palm Beach, to April 30, $40-$111. (kravis.org)

27 Clematis by Night: Big Al & The Heavyweights, Waterfront Commons, West Palm Beach, free. (wpb.org)

Jeff Ross, Palm Beach Improv, West Palm Beach, $30-$40. (palmbeachimprov.com)

28 Donnell Rawlings, Palm Beach Improv, West Palm Beach, to April 30, $25-$35. (palmbeachimprov.com)

***Noises Off*,** Delray Beach Playhouse, to May 24, $42. (delraybeachplayhouse.com)

29 Bassel & The Supernaturals, Arts Garage, Delray Beach, $40-$45. (artsgarage.org)

Metropolitan Opera: Live in HD presents *Medea*, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $15-$30. (fourarts.org)

30 An Afternoon of Gilbert & Sullivan: *The Pirates of Penzance* and Other Favorites, Gubelmann Auditorium, The Society of the Four Arts, Palm Beach, $40. (fourarts.org)

Jeff Harnar presents "I Know Things Now: My Life in Sondheim's Words," Arts Garage, Delray Beach, $40-$45. (artsgarage.org)

Pickets. Charles Schreyvogel, 1907. William I. Koch collection.

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DURING THE GILDED AGE

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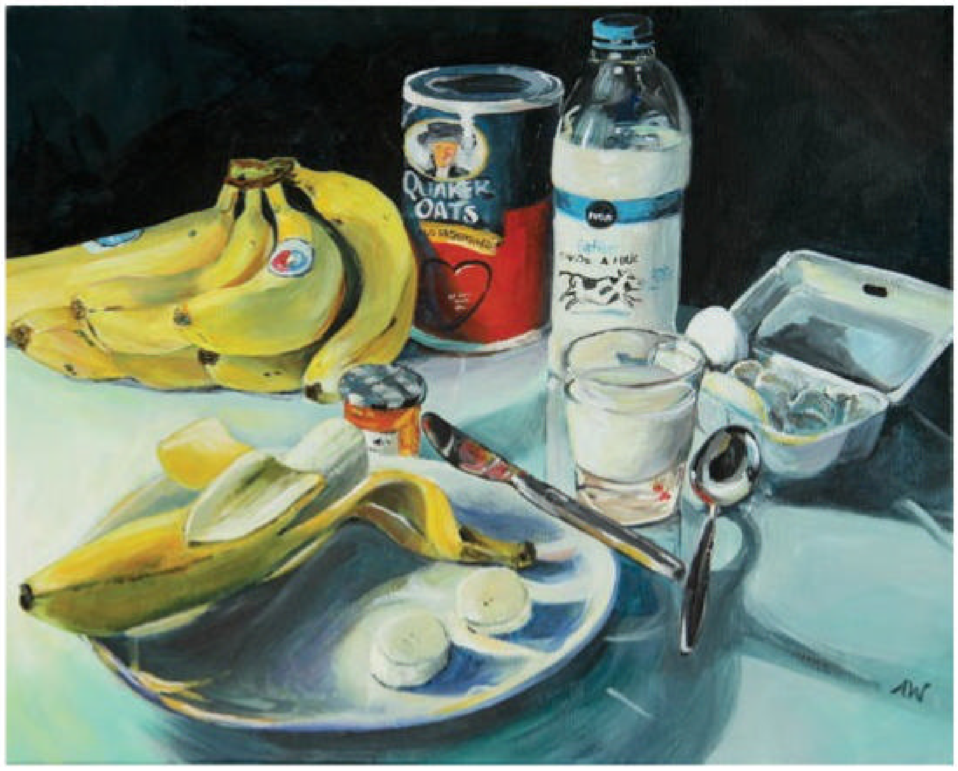
WINDSOR



Lighthouse ArtCenter in Tequesta will present works by WPTV anchor and artist Ashleigh Walters, including *Oatmeal and Bananas*, April 13-22.

The Symphonia presents "Water," Roberts Theater, Saint Andrew's School, Boca Raton, $55-$90. (thesymphonia.org)

GALLERIES

Acquavella Galleries, Palm Beach. "Daniel Heidkamp: Tempo," to April 9. (acquavellagalleries.com)

Ann Norton Sculpture Gardens, West Palm Beach. "Abundance of Riches by Luis Montoya and Leslie Ortiz, 1972-2022," "Harry Benson Picturing History," and "SculptHER: Cha Jong Rye, Miriam Londoño, Nicole Pietrantoni, and Julia Ibbini," all to June 30. (ansg.org)

Armory Art Center, West Palm Beach. "An Art Teacher's Life: A Retrospective of Sam Perry," to April 15; "Art Deco Exhibit en Plein Air," April 20 to May 19. (armoryart.org)

ArtWorks, The Square, West Palm Beach. The Arc of Palm Beach County's "Their Own Truths: The Art of Sky Cubacub, Riva Lehrer, Jeffrey Mansfield, and David Richards," to May 31. (arcpbc.org/events)

Boca Raton Museum of Art. "Oswaldo Vigas" and "Whitfield Lovell: Passages," both to May 21. (bocamuseum.org)

Cohen Pavilion, Kravis Center, West Palm Beach. "Carasmatic: Through the Lens of the Dancer," contact for exhibition dates. (kravis.org)

Court House Cultural Center Gallery, Stuart. "Works in Living Color," to April 15; "Marvin S. Cone Thirty-Seventh Annual High School Juried Arts Show," April 25 to June 3. (martinarts.org)

Cox Science Center and Aquarium, West Palm Beach. "Dinosaur Explorer," to April 30. (coxsciencecenter.org)

Cultural Council for Palm Beach County, Lake Worth Beach. "The Power of Portraits" and "Visualizing Climate Disruption," both to April 8; "Art Deco Society," April 14 to May 27; "Biennial 2023," April 21 to June 24; "Etheard Joseph," to April 29. (palmbeachculture.com)

Delray Art and Frame Gallery, Delray Beach. Lois Brezinski and Joe Davis present "Tropical Impressions," to May 31. (loisbrezinski.com)

Esther B. O'Keeffe Gallery, The Society of the Four Arts, Palm Beach. "Contemporary Character Portrait Drawings and Oil Sketches from Jacques-Louis David to Lucien Freud" and "Eduard Angeli Cities on Water," both to April 2; "2022 Benjamin Mkapa African Wildlife Photography Awards," April 26 to June 4. (fourarts.org)

Findlay Galleries, Palm Beach. "Ptolemy Mann: Recent Works," April 3 to May 29; "Charles Neal: Pursuit of Color," to April 30; "Ronnie Landfield," to May 10. (findlaygalleries.com)

Flagler Museum, Palm Beach. "The American West During the Gilded Age," to April 23. (flaglermuseum.us)

The Gallery at Windsor, Vero Beach. "Tony Cragg: Sculptures and Works on Paper," to May 19. (windsorflorida.com)

Johnson Palm Beach County History Museum, West Palm Beach. "Precious Gift: Rescue and Shanghai," April 6 to Aug. 26; "From Houses to Hospitals: Improving Health Care in the 1920s," through July. (pbchistory.org)

Lighthouse ArtCenter, Tequesta. "Best of the Clubs" and "Forty-Fifth Annual Members' Show and Sale," both to April 5; "Ashleigh Walters: Exhibit A," April 13-22. (lighthousearts.org)

McKee Botanical Garden, Vero Beach. "Jason Gamrath's Garden of Glass Exhibition," to April 30. (mckeegarden.org)

Mtn Space, Lake Worth Beach. "Steven Cabral: Ineffable Patterns," to April 16; "Nina Davidowitz," April 22 to June 4. (mtnspace.com)

Norton Museum of Art, West Palm Beach. "Dress Codes: Photographing Cultures and Identities through Fashion," to May 14; "Symbolic Messages in Chinese Animal Paintings," to June 4; "New York Vanguard: Promised Gifts from Stephen and Madeline Anbinder," to June 11; *Beaching the Boat (Afternoon Light)* by Joaquín Sorolla y Bastida, to June 25; "At the Dawn of a New Age: Early Twentieth Century American Modernism" and "From Man Ray to O'Keeffe: American Modernism at the Norton," both to July 16; "Special Guest / A Quiet Abiding: Jacobus Vrel's *Interior with a Sick Woman by a Fireplace* in The Leiden Collection," to Dec. 15, 2024. (norton.org)

Pace Gallery, Palm Beach. "Roberto Matta," to April 30. (pacegallery.com)

Palm Beach Art, Antique & Design Showroom, Lake Worth Beach. "Udo Spreitzenbarth x Hugo Rodriguez Loredo," April 6. (palmbeachdesignshowroom.com)

Rosenbaum Contemporary, Boca Raton. "Rebekah Goldstein: Paintings and Sculpture," to April 22. (rosenbaumcontemporary.com)

Tauni de Lesseps Art Gallery, Palm Beach Atlantic University, West Palm Beach. "Renee Rey: Beyond This Point," to April 13. (pba.edu)

University Galleries, Florida Atlantic University, Boca Raton. "Transcend Tomorrow: Juried Student Exhibition," to April 8; "Spring Bachelor of Fine Arts Exhibition," April 21 to May 5; "As it Was: The Show That Never Happened," April 21 to May 20; "The Boys & Girls Clubs of Palm Beach County: Annual Imagemakers Exhibition," to May 4. (fau.edu)

Vero Beach Museum of Art. "Rolling Sculpture: Streamlined Art Deco Automobiles and Motorcycles," to April 30. (vbmuseum.org)

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PALM BEACH MAGAZINE™

DONNA PRUDHOMME, LAQUAN SMITH

KATHY BUSH, VANIA LELES

BETH RUDIN DEWOODY, MAYNARD MONROW

HONORING ANDRÉ LEON TALLEY

WHO: Christie's Palm Beach **WHAT:** Luncheon celebrating the legacy of André Leon Talley **WHERE:** The Colony Hotel, Palm Beach

SUZIE AIJALA, JILL SHIBLES

SHAMIKA JOHNSON, PATRICK CHAMPALOU

BISMARK IRVING, CHRISTINE SCHOTT

LORNA JAMES, JEAN SHARF

PAUL AND CLAUDIA CAESAR

KATHY BUSH, BRETT SHERLOCK, BONNIE BRENNAN

CAPEHART

RECEPTION IN RED

WHO: American Heart Association

WHAT: Go Red for Women Reception in Red

WHERE: FireFin Grill, Palm Beach Gardens

TRACY RICE, KRISTY KOENIG

SHERRY SOLIMAN, STEPHANIE STOSS, MOSES LOPEZ

SHERMAN GOODRICH AND PATTI SANS-GOODRICH, JUSTIN BRANDT

KAREN HINDS, CHARLOTTE PRICE LEONARD, SABRINA COOPER

KAYLA FOX, TERESITA CASANOVA, GRASFORD SMITH, GINA MELBY

GINA MELBY, ASHLEY VERTUNO

SHERYL WILLIAMS, SHENETRIA MOORE, JANIS SMITH

SHENETRIA MOORE, COLLETTE CATTAFI, MAYA UNDERWOOD, ILIANA RENTZ, JYRECE MCCLENDON

TERESITA CASANOVA, SUSAN AND JOHN DOMENICO, KAYLA FOX

CAPEHART

ELIZABETH MEIGHER, KAYLA BERTOLINO

PACO AND SUSI GIL

KIRSTEN SMITH, ALAN JARDELEZA

OLARA LUXURY RESIDENCES

WHO: Christopher Schlank and Nick Bienstock of Savanna, Bernardo Fort Brescia of Arquitectonica, and Michael Gabellini of Gabellini Sheppard **WHAT:** Unveiling of Olara Luxury Residences **WHERE:** The Colony Hotel, Palm Beach

NICK BIENSTOCK, JAY PARKER, CHRISTOPHER SCHLANK, BERNARDO FORT BRESCIA, MICHAEL GABELLINI

WEST PALM BEACH MAYOR KEITH JAMES

MATT TARMAN, DON LANGDON, ALISON NEWTON, MARK SYBEN, ANDREEA FODOR, JAY PARKER

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Louis XVI Style Tulip & King Wood Commode after Riesener

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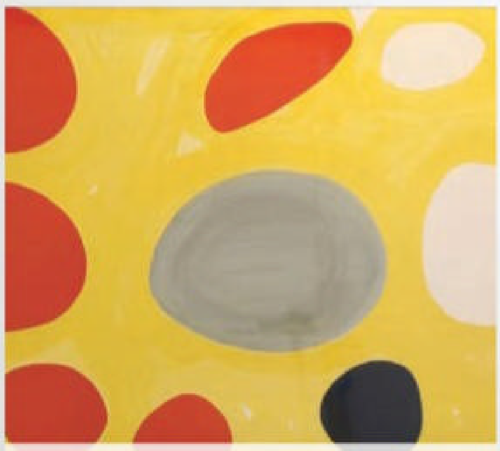

Alexander Calder (AMERICAN, 1898-1976) Lithograph

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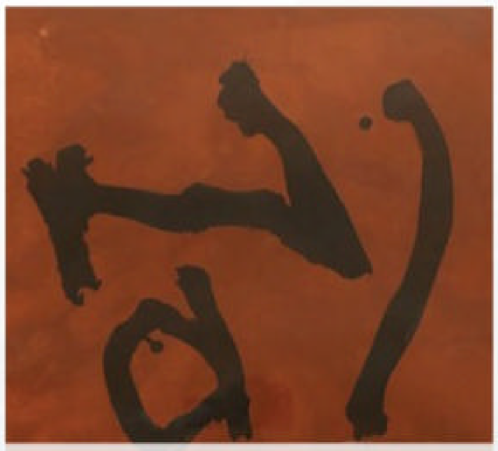

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EDITH HALL FRIEDHEIM, DEAN DIMKE

LINQING YANG AND CAMERON LICKLE, DRAGANA CONNAUGHTON

MARSHALL FIELD V, PALM BEACH MAYOR DANIELLE MOORE

NANCY MARSHALL, ELAINE MEIER

GEORGE ELMORE AND MARTI LATOUR

WILD ABOUT WILDLIFE

WHO: Palm Beach Mayor Danielle Moore **WHAT:** Wild About Wildlife, benefitin the South Florida Urban Wildlife Refuge Program at the National Wildlife Refuge Association **WHERE:** Mayor Danielle Moore's residence, Palm Beach

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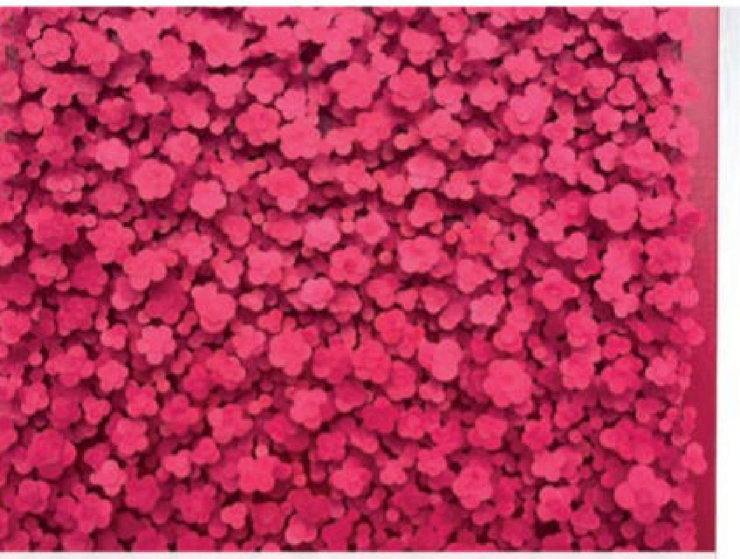
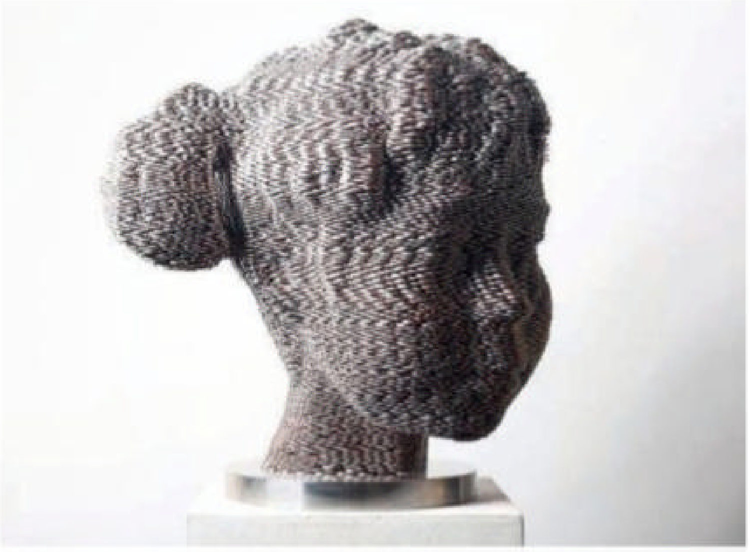
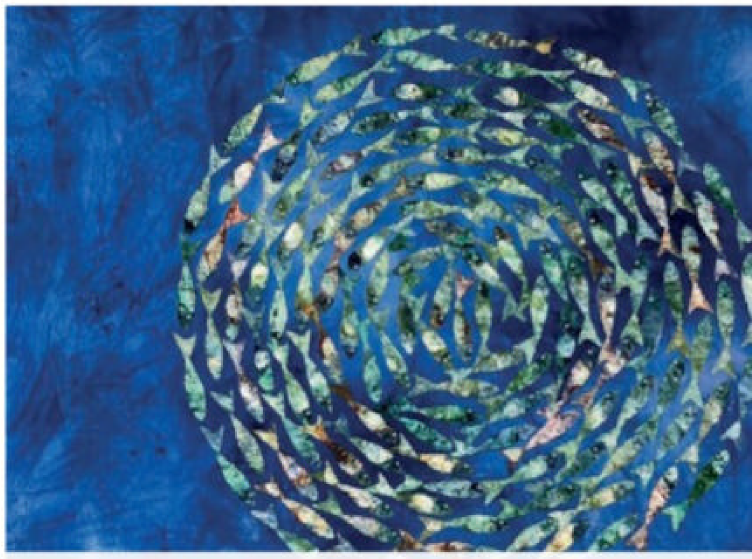


STEFF ROSS



KIM SUENGWOO



ANNA PAOLA CIBIN

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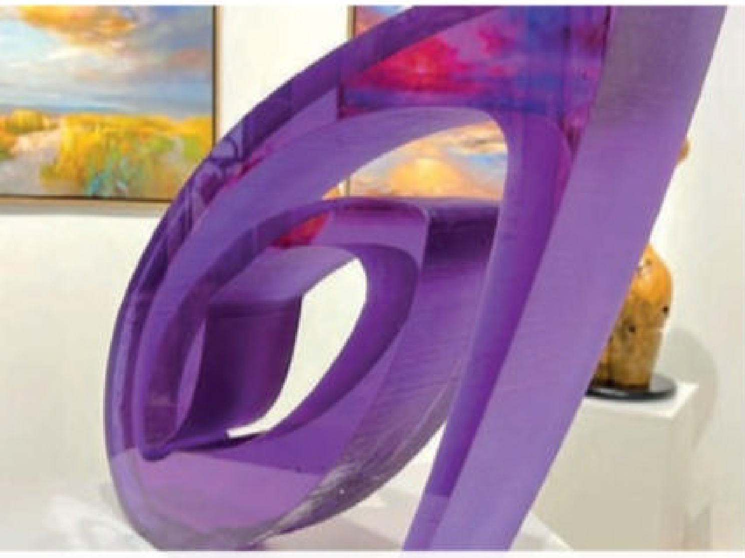
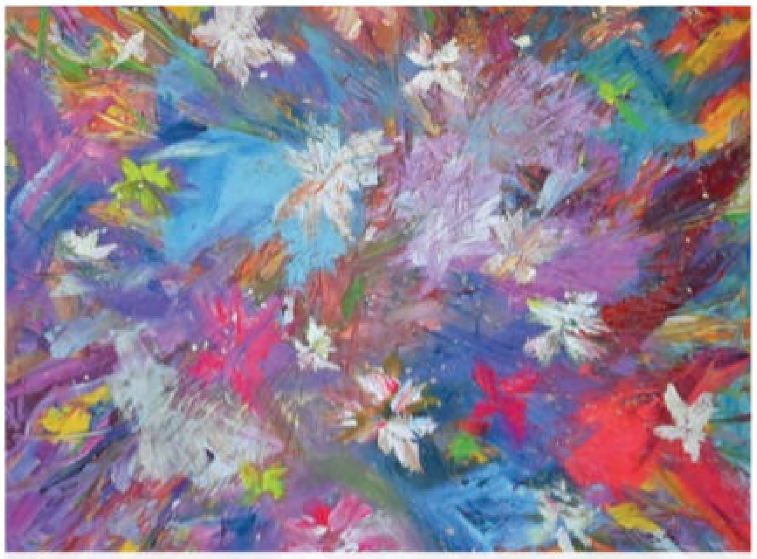
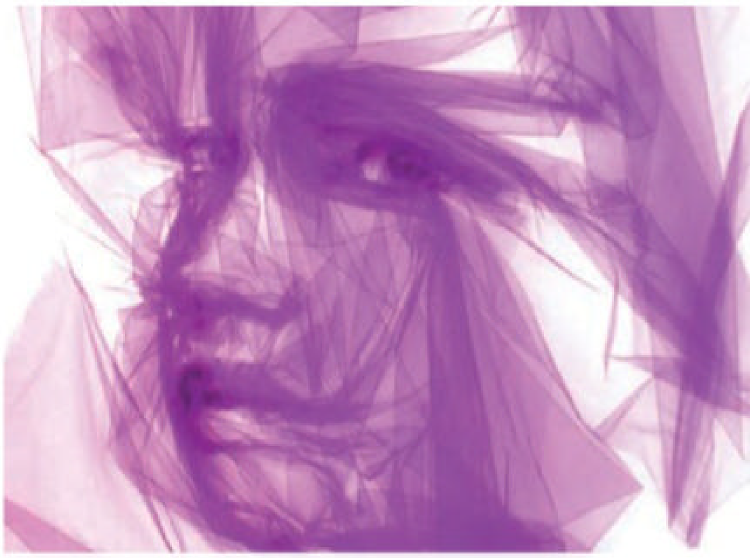


GIULIANO GEIGHER



CAROL CALICCHIO



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ASHLEY BROWN

DARA GOLDSTEIN, ASHLEY LAUREN

BETTINA ANDERSON, KANDACE KICHLER, ASHLEY BROWN

OUT & ABOUT

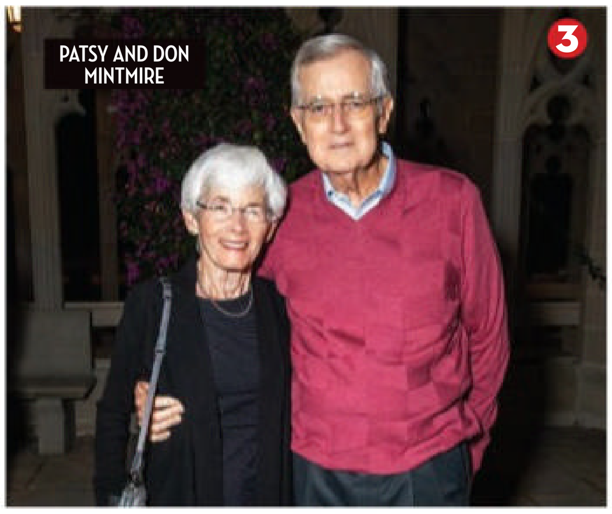
1. WHO: Stacey Bendet, Bettina Anderson, Samantha Anderson, and Ashley Brown **WHAT:** Galentine's Day **WHERE:** Alice + Olivia, The Royal Poinciana Plaza, Palm Beach **2. WHO:** Historical Society of Palm Beach County **WHAT:** Cocktails in Paradise **WHERE:** La Coquille Club, Manalapan **3. WHO:** Palm Beach County Food Bank **WHAT:** Empty Bowls Palm Beach Kickoff **WHERE:** Church of Bethesda-by-the-Sea, Palm Beach

RYAN HOLLIHAN, COLLIN ADAMS

JEFFREY AND LEE ANN ALDERTON, JEREMY JOHNSON

LIZ CABRAL, RUTH MAGERIA

GRACE KNOWLTON HYDE, RANDOLPH WALKER, DEVON MCCREADY



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RICK AND CORDELLA MIESSAU

1. BFA 2. AND 3. CAPEHART

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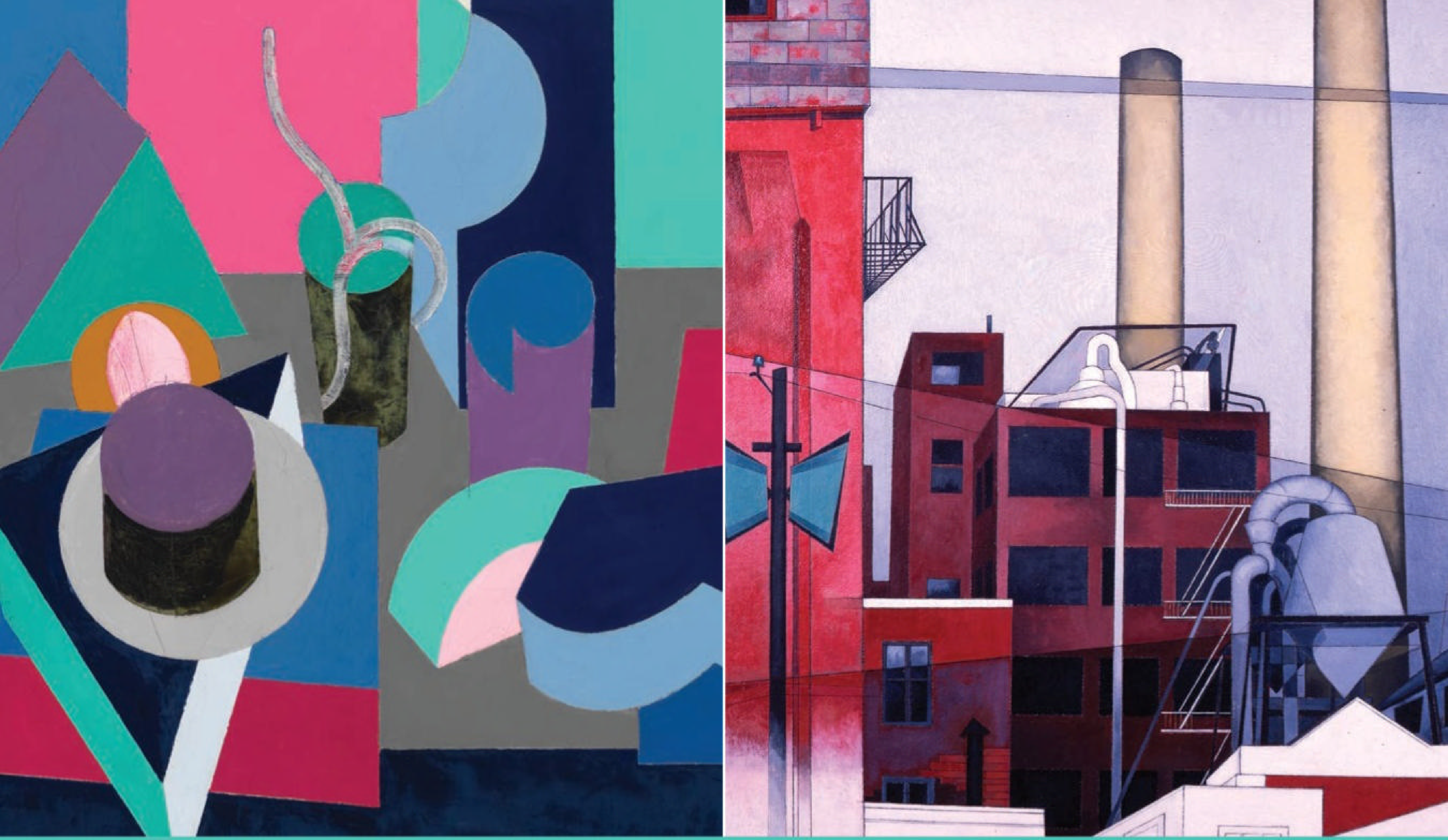

On view March 18 - July 16, 2023

AT THE DAWN OF A NEW AGE
EARLY TWENTIETH-CENTURY AMERICAN MODERNISM

FROM MAN RAY TO O’KEEFFE
AMERICAN MODERNISM AT THE NORTON

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AT THE DAWN OF A NEW AGE WAS ORGANIZED BY THE WHITNEY MUSEUM OF AMERICAN ART, NEW YORK. MAJOR SUPPORT FOR THIS EXHIBITION AT THE NORTON WAS PROVIDED BY THE CORNELIA T. BAILEY FOUNDATION, WITH ADDITIONAL SUPPORT PROVIDED BY THE MR. AND MRS. HAMISH MAXWELL EXHIBITION ENDOWMENT, MR. AND MRS. THOMAS MCWILLIAMS, AND THE SYDELLE AND ARTHUR I. MEYER ENDOWMENT FUND. *FROM MAN RAY TO O’KEEFFE* WAS ORGANIZED BY THE NORTON MUSEUM OF ART. SUPPORT FOR THIS EXHIBITION WAS PROVIDED BY THE DIANE BELFER ENDOWMENT FOR SCULPTURE.

LEFT: Patrick Henry Bruce (American, 1881 – 1936), *Painting*, circa 1921 - 1922 (detail), Oil on canvas, 35 x 45 3/4 in. (88.9 x 116.2 cm), Whitney Museum of American Art, New York; gift of an anonymous donor 54.20; **RIGHT:** Charles Demuth (American, 1883 – 1935), *After All...*, 1933 (detail), Oil and graphite on fiberboard, 36 x 30 in. (91.4 x 76.2 cm), Bequest of R. H. Norton, 53.43

LAST WORD

REAL TALK WITH...

Patricia Robalino

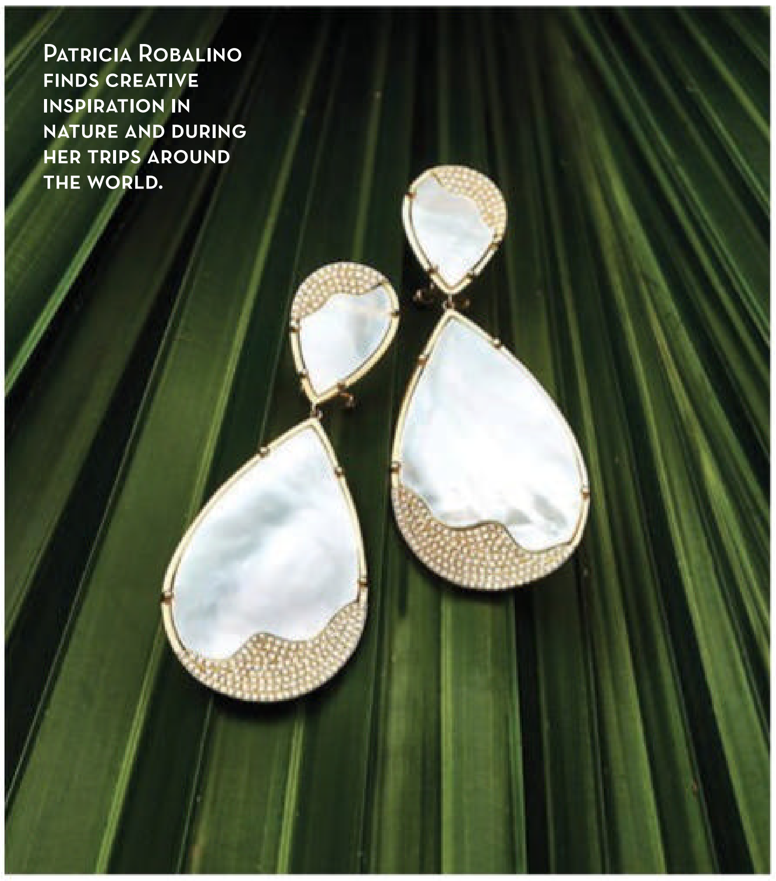
The Palm Beach–based jewelry designer reflects upon the genesis of inspiration

BY KATHERINE LANDE

When did you first discover your passion for jewelry?
I think [when] I was 4 years old. I had this curiosity and passion for stones and jewelry. I remember playing in my grandparents' stores with all the jewelry and completely disregarding my toys.

How has your family history influenced your company and designs?
The jewelry world is a part of my personality, it is in my genes. My family started in the jewelry business more than 90 years ago. Every day, every moment, every event sparks ideas in my mind of how I could create a new design.

What inspires you when designing a new collection?
I define myself as a very creative person. Nature inspires me, but I feel the most creative in my trips around the world. I'm always looking for precious and semiprecious stones where I can apply all my knowledge and creativity to maximize the beauty of the stones.



Patricia Robalino finds creative inspiration in nature and during her trips around the world.

Any style tips for how to best mix, match, and layer different jewelry pieces?
The most important style tip to wearing jewelry is that it [should] make you feel gorgeous and when you put it on you get this feeling of excitement that this piece suits your personality. I say do what makes you feel elegant, stylish, and comfortable. Make the jewelry your fashion statement of who you are.

What's one piece of jewelry every woman should own?
Every woman should own a nice pair of mother-of-pearl and diamond earrings. They are like a black dress—timeless and always classic.

Your studio is in Palm Beach. What do you love most about working on the island?
I feel blessed to work and live in this beautiful island. The ocean and the beaches that surround us provide me with lots of elements of inspiration. I also love the wonderful people I have met here through the years who are now my dear friends.

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